

Quick & Easy
77 KETO
– Mediterranean –
RECIPES



CLAUDIA J. CALDWELL

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info@cj-caldwell.com

Recipes for Ketogenic Mediterranean

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SAUTÉED BEEF PEPPER WITH CHEESE AND PARSLEY TOPPING

Prep Time: 8 Minutes

Cooking Time: 22 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.6g Fat: 32.5g Fiber: 0.6g

Protein: 20.9g Calories: 383 Sugar: 0.4g

Saturated Fat: 11.3g Net Carbs: 1g

Carbohydrates: 1% Protein: 23%

Makes 6 servings

Ingredients

1 lb. beef rib eye steak

3 tablespoons extra
virgin olive oil

¼ cup chopped
onion

Method

Cut the beef rib eye steak into thin slices then set aside.

Preheat a skillet over medium heat then pour olive oil.

Stir in chopped onion and sauté until aromatic.

1/2 teaspoon pepper

1/4 cup goat cheese

2 teaspoons minced
parsley

1/2 teaspoon grated
garlic

1/2 teaspoon thyme

Next, add sliced beef to the skillet then season with pepper. Cook until done.

Transfer the sautéed beef to a serving dish then set aside.

Quickly combine goat cheese with minced parsley, grated garlic, and thyme then mix until incorporated and smooth.

Serve the sautéed beef with the cheese mixture and enjoy immediately.

SPICY BEEF TENDER WITH HEALTHY CUCUMBER

Prep Time: 9 Minutes

Cooking Time: 23 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.6g Protein: 20.7g Fiber: 0.5g Fat: 32.1g

Calories: 386 Saturated Fat: 11g Sugar: 1.6g

Net Carbs: 3.2g Carbohydrates: 1%

Protein: 22% Fat: 76%

Makes 4 servings

Ingredients

1 lb. beef rib eye

2 tablespoons extra
virgin olive oil

2 teaspoons minced
garlic

Method

Cut the beef rib eye into thin slices then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Stir in minced garlic and sliced shallot to the skillet then sauté until lightly golden brown and aromatic.

2 teaspoons sliced
shallot

2 tablespoons red
chili flakes

1-cup water

1 cup chopped
cucumber

Add sliced beef to the skillet then stir until just wilted.

After that, pour water over the beef then bring to boil.

Once it is boiled, reduce the heat and cook until the water is completely absorbed into the beef and the beef is tender.

Next, stir in red chili flakes and chopped cucumber to the skillet then sauté and cook until wilted.

Once it is done, remove the cooked beef from the heat and transfer to a serving dish.

Serve and enjoy.

BEEF BROCCOLI CRUNCHY NUGGET

Prep Time: 12 Minutes

Cooking Time: 23 Minutes

Nutrition Facts Per Serving

Carbohydrates: 10.9g Protein: 25.2g Fiber: 5.6g

Fat: 18.9g Calories: 496 Saturated Fat: 18.9g

Sugar: 2.8g Net Carbs: 5.3g Carbohydrates: 1%

Protein: 25% Fat: 71%

Makes 6 servings

Ingredient

1 lb. ground beef 3
eggs

2 tablespoons
coconut flour

½ teaspoon pepper

Method

Preheat a steamer over medium heat and line a baking pan with aluminum foil. Set aside.

Combine ground beef with 2 eggs, coconut flour, pepper, minced garlic, and chopped broccoli in a food processor then process until smooth.

2 teaspoons minced
garlic

2 cups chopped
broccoli

1 cup grated coconut

Transfer the mixture to the prepared baking pan then spread evenly.

Place the baking pan in the steamer then steam the nugget for approximately 20 minutes or until set.

Remove the baking pan from the steamer and let it cool.

When the nugget is already cool, take it out of the baking pan then cut into thick slices.

Crack the remaining egg then place in a bowl. Stir the egg until just incorporated.

Dip nugget into the egg then roll in the grated coconut.

Refrigerate the beef nugget for at least 2 hours.

Remove the beef nugget from the refrigerator and fry.

Serve and enjoy.

WARM OXTAIL SOUP WITH NUTMEG AND CLOVES

Prep Time: 3 Minutes

Cooking Time: 44 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.7g Protein: 25.7g Fiber: 1.2g

Fat: 12.6g Calories: 409 Saturated Fat: 31.6g

Sugar: 1.5g Net Carbs: 3.5 Carbohydrates: 3%

Protein: 27% Fat: 70% Carbohydrates: 1%

Makes 4 servings

Ingredients

1-¼ lbs. beef rib eye

2 tablespoons sliced shallots

¾ teaspoon nutmeg 3 cloves

¾ teaspoon pepper

Method

Cut the beef into medium pieces then place in a pot.

Pour water into a pot then bring to boil.

Once it is boiled, reduce the heat and season the beef with sliced shallots, nutmeg, clove, and pepper. Cook until the beef is tender.

5 cups water

½ cup sliced carrots

½ cup cauliflower
florets

¼ cup chopped leek

2 tablespoons celeries

Next, add sliced carrots, leek, and cauliflower florets to the pot then stir well. Cook until the vegetables are wilted but not too soft.

When the soup is done, remove from heat and transfer to a serving bowl.

Sprinkle chopped celeries on top and serve warm.

Enjoy immediately.

SPICED PORK SHOULDER WITH GOAT CHEESE AND TENDER VEGGIES

Prep time: 9 minutes

Cooking time: 19 minutes

Nutrition Facts Per Serving

Carbohydrates: 5.4g Protein: 22g Fiber: 2.3g

Total Fat: 35.1g Calories: 423 Saturated Fat: 9.7g

Sugar: 1.6g Net Carbs: 3.1 Carbohydrates: 3%

Protein: 22% Fat: 75%

Makes 7 servings

Ingredients

2 lb. pork shoulder

2 tablespoons olive
oil

$\frac{3}{4}$ teaspoon pepper

Method

Combine goat cheese with almond butter, grated lemon zest, thyme, and $\frac{1}{4}$ teaspoon of pepper then mix until incorporated. Set aside.

Preheat a pan over medium heat then pour extra virgin olive oil into it.

1 teaspoons thyme

¼ teaspoon grated
lemon zest

1 cup goat cheese

2 tablespoons almond
butter

1 cup green beans

1 cup carrots

1 cup chicken broth

2 tablespoon lemon
juice

Once the oil is hot, sprinkle the ¼ teaspoon of pepper over the pork then place them on the pan.

Cook the pork for approximately 4 minutes then flip it.

Cook until both sides are lightly golden brown and the pork is completely cooked.

Once it is done, remove the cooked pork from the pan and place on a serving dish.

Next, add green beans and carrots to the pan then pour chicken broth into the pan. Season the vegetables with the remaining pepper then bring to boil.

Once it is boiled, reduce the heat and cook until the vegetables are tender.

Remove the tender vegetables from the heat and drizzle lemon juice over the vegetables. Place the vegetables next to the cooked pork.

Top the pork with goat cheese mixture then serve.

Enjoy warm.

PAPRIKA AND CAYENNE PULLED PORK BUTT WITH ROASTED ASPARAGUS

Prep time: 2 hours

Cooking time: 2 hours 34 minutes

Nutrition Facts Per Serving

Carbohydrates: 4.9g Protein: 20.4g Fiber: 2.3g

Total Fat: 29g Calories: 353 Saturated Fat: 9.2g

Sugar: 1.1g Net Carbs: 1g Carbohydrates: 3%

Protein: 23% Fat: 74%

*Makes 8
servings*

Ingredients

2 lb. pork butt

2 teaspoons
cayenne pepper

2 teaspoons
paprika

Method

Rub the pork butt with cayenne pepper, paprika, pepper, and mustard then marinate for at least 2 hours or more. Store in the fridge to keep it fresh.

After 2 hours, remove the pork butt from the fridge and thaw at room temperature.

Preheat an oven to 350°F and line a baking tray with aluminum foil.

2-½ teaspoons
pepper

2 tablespoons
mustard

1 bunch asparagus
spears

2-½ tablespoons
extra virgin olive
oil

½ teaspoon
minced garlic

1 tablespoon
lemon juice

Once the oven is ready, place the marinated pork butt on the prepared baking tray and cover with aluminum foil.

Bake the pork butt until tender then remove from the oven. Let it rest for a few minutes.

In the meantime, cut and trim the asparagus then toss with extra virgin olive oil, minced garlic, and lemon juice.

Cover a baking tray with aluminum foil then spread the seasoned asparagus .

Bake the asparagus until tender.

Once it is done, remove the asparagus from the oven and let it rest.

Slowly unwrap the pork butt then using a fork shred the cooked pork.

Place the pulled pork on a serving dish then serve with roasted asparagus.

Serve and enjoy.

STUFFED PORK BLACK PEPPER JALAPENO WITH CARROTS

Prep Time: 14 Minutes

Cooking Time: 18 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.4g Protein: 17.8g Fiber: 0.3g

Total Fat: 8.2g Calories: 343 Saturated Fat: 8.2g

Sugar: 0.6g Net Carbs: 5.1 Carbohydrates: 6%

Protein: 23% Fat: 71%

Makes 8 servings

Ingredients

1 lb. green jalapenos

1 lb. ground pork

½ cup goat cheese

2 tablespoons diced
onion

Method

Cut the green jalapenos into halves lengthwise then remove the seeds. Set aside.

Crack the eggs then place the eggs in a bowl.

Pour extra virgin olive oil into the eggs then season with black pepper. Stir until incorporated.

4 tablespoons grated
carrots

½ teaspoon black
pepper

4 eggs

2 tablespoons extra
virgin olive oil

Combine ground pork with goat cheese, diced onion, and grated carrot in a bowl then pour the egg mixture over the pork. Mix well.

Preheat a steamer over medium heat then wait until it is ready.

Fill each halved jalapeno with the pork mixture then arrange in the steamer.

Steam the filled jalapenos for approximately 20 minutes or until set.

Once it is done, remove the stuffed jalapenos from the steamer and arrange on a serving dish.

If you like, you can bake the steamed jalapenos until lightly golden brown.

Serve and enjoy warm.

SPICY PORK WITH KALE GARLIC

Prep Time: 16 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8g Protein: 21.7g Fiber: 1.3g

Total Fat: 37.5g Calories: 454 Saturated Fat: 15.5g

Sugar: 1g Net Carbs: 7g Carbohydrates: 6%

Protein: 20% Fat: 74%

Makes 6 servings

Ingredients

1 lb. pork shoulder

¼ lb. pork rind

5 teaspoons minced
garlic

2 shallots

¼ cup red chilies

Method

Place red chilies in a pan then pour water to cover. Bring to boil.

Reduce the heat and cook until the red chilies are wilted.

Remove the red chilies from heat and strain the water.

Transfer the red chilies to a food processor then add 3 teaspoons minced garlic and

2 lemon grasses

2 lime leaves

1 bay leaf

2 cups water

½ cup coconut milk

2 cups chopped kale

2 tablespoons extra
virgin olive oil

shallots then process until smooth. Set aside.

Cut the pork shoulder and pork rind into cubes then place in a skillet.

Add the spice mixture to the skillet then pour water over the pork.

Season the pork with lemon grasses, kaffir lime leaves, and bay leaf then bring to boil.

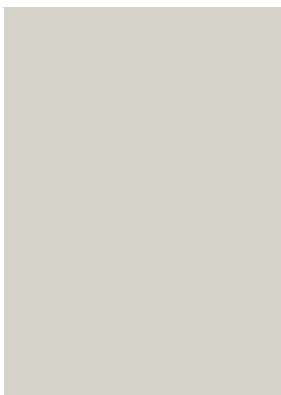
Once it is boiled, reduce the heat and cook the pork until tender. The gravy will be reduced into half.

In the meantime, preheat another skillet and pour extra virgin olive oil into it.

Stir in minced garlic to the skillet then sauté until aromatic and wilted.

Next, add chopped kale to the skillet then sauté until wilted.

Remove the sautéed kale from heat then set aside.



When the pork is tender, pour coconut milk over the pork then bring to a simmer.

Transfer the cooked pork to a serving dish then serve with sautéed kale.

Enjoy warm.

PORK COCONUT CURRY IN LETTUCE BLANKET

Prep Time: 16 Minutes

Cooking Time: 21 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.2g Protein: 16.2g Fiber: 2.1g

Total Fat: 31.5g Calories: 369 Saturated Fat: 13.4g

Sugar: 2g Net Carbs: 2g Carbohydrates: 3%

Protein: 20% Fat: 77%

*Makes 6
servings*

Ingredients

1 lb. boneless pork
shoulder

2 tablespoons extra
virgin olive oil

2 teaspoons minced
garlic

Method

Cut the boneless pork shoulder into small dices then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Once it is hot, stir in minced garlic and sliced shallot to the skillet and sauté until wilted and aromatic.

2 teaspoons sliced
shallot

1-teaspoon curry
powder

$\frac{1}{2}$ teaspoon
turmeric

1-teaspoon pepper

2 cups water

$\frac{1}{2}$ cup coconut milk

1 handful of fresh
lettuce

Add diced pork to the skillet then cook until the pork is just wilted.

Season the pork with curry powder, turmeric, and pepper then pour water over the pork bring to boil.

Once it is boiled, reduce the heat and cook until the pork is tender and the water is completely absorbed into the pork.

Next, drizzle coconut milk over the pork and bring to a simmer.

Occasionally stir the pork and cook until there is no more liquid in the skillet.

Remove the pork from heat and let it cool.

Take a large lettuce and place on a flat surface.

Put about 2 tablespoons of cooked pork on the lettuce then wrap it tightly. Place on a serving dish.

Repeat with the remaining lettuce and pork then serve.

Enjoy!

BAKED LAMB RIBS ROSEMARY

Prep Time: 9 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.9g Protein: 20.7g Fiber: 1.9g

Total Fat: 35.1g Calories: 413 Saturated Fat: 11.8g

Sugar: 0.1g Net Carbs: 3g Carbohydrates: 3%

Protein: 21% Fat: 76%

Makes 4 servings

Ingredients

1-lb. lamb leg

3 tablespoons minced
garlic

3 tablespoons extra
virgin olive oil

¼ cup chopped
rosemary

Method

Preheat an oven to 375°F and line a baking tray with aluminum foil.

Rub the lamb leg with minced garlic and olive oil then sprinkle pepper over the lamb leg.

Place the seasoned lamb leg on the prepared baking tray and sprinkle chopped rosemary over the lamb leg.

½ tablespoon pepper

Once the oven is ready, place the baking tray in the oven and bake the lamb leg for approximately 20 minutes or until the lamb leg is tender and cooked through.

When the baked lamb leg is done, take it out from the oven and arrange on a serving dish

Serve and enjoy warm.

OVEN BAKED LAMB RIBS MACADAMIA WITH TOMATO SALSA

Prep Time: 16 Minutes

Cooking Time: 21 Minutes

Nutrition Facts Per Serving

Carbohydrates: 6.1g Protein: 19.9g Fiber: 3g

Total Fat: 44.2g Calories: 486 Saturated Fat: 8.2g

Sugar: 2.4g Net Carbs: 3.1g Carbohydrates: 3%

Protein: 15% Fat: 82%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. lamb ribs

$\frac{1}{2}$ cup macadamia

1 teaspoon minced
garlic

Method

Preheat an oven to 204°C and line a baking tray with aluminum foil. Set aside.

Cut the lamb ribs into medium pieces then set aside.

Place the macadamia in a food processor then add minced garlic, fresh parsley, olive oil,

½ cup fresh parsley

4 tablespoons extra
virgin olive oil

½ teaspoon pepper

1-cup cherry
tomatoes

1-tablespoon
macadamia oil

1-tablespoon
balsamic vinegar

and pepper to the food processor. Process until smooth.

Coat the lamb ribs with the macadamia mixture then arrange on the prepared baking tray.

Place the coated lamb ribs in the oven and bake the lamb is completely cooked.

In the meantime, cut the cherry tomatoes into halves then place in a disposable aluminum cup.

Drizzle macadamia oil over the tomatoes then toss to combine. Set aside.

Once the lamb is done, remove from the oven and arrange on a serving dish.

Next, place the tomatoes in the oven and bake for approximately 5 minutes.

Remove the tomatoes from the oven and drizzle balsamic vinegar over the tomatoes. Stir well.

Top the baked lamb with tomato salsa then serve.



Enjoy warm.

GRILLED LAMB SHOULDER WITH CREAMY MINT SAUCE

Prep Time: 2 Hours

Cooking Time: 22 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.2g Protein: 23.1g Fiber: 1.3g

Total Fat: 26.8g Calories: 342 Saturated Fat: 8.3g

Sugar: 0.7g Net carbs: 1.9g Carbohydrates: 2%

Protein: 28% Fat: 70%

Makes 6 servings

Ingredients

1 lb. lamb shoulder

4 tablespoons extra
virgin olive oil

½ teaspoon oregano

2 tablespoons wine

Method

Rub the lamb shoulder with olive oil, oregano, wine, and rosemary then marinate for at least 2 hours. Store in the fridge to keep it fresh.

In the meantime, place fresh dill, mint leaves, lemon juice and coconut cream process until smooth.

1-teaspoon rosemary

3 tablespoons
chopped fresh dill

¼ cup chopped fresh
mint leaves

1 tablespoon lemon
juice

¼ cup coconut cream

Transfer the creamy sauce to a container with a lid and store in the refrigerator.

After 2 hours, take the lamb shoulder out of the fridge and thaw at room temperature.

Preheat a grill over medium heat then arrange the marinated lamb shoulder on it.

Grill the lamb until the lamb is completely cooked.

Once it is done, remove the grilled lamb shoulder from the grill and place on a serving dish.

Top with creamy mint sauce then serve immediately.

Enjoy warm.

CRUNCHY CRUSTED PECAN OF GOAT

Prep Time: 9 Minutes

Cooking Time: 44 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.8g Protein: 21.5g Fiber: 1.4g

Total Fat: 40.1g Calories: 460 Saturated Fat: 11.9g

Sugar: 0.8g Net carbs: 2.4g Carbohydrates: 2%

Protein: 20% Fat: 78%

Makes 4 servings

Ingredients

1 lb. goat leg

½ teaspoon pepper

3 tablespoons extra
virgin olive oil

1 chopped onion

Method

Preheat an oven to 400°F and line a baking tray with aluminum foil.

Score the goat leg at several places then sprinkle pepper over the goat leg.

Wait until the oven is ready then oven the goat leg for approximately 10 minutes.

½ teaspoon lemon
zest

1-cup ground pecans

1-tablespoon mustard

In the meantime, preheat a saucepan over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, stir in chopped onion and sauté until wilted and aromatic.

After that, add ground pecans and grated lemon zest to the saucepan then stir well.

Take the goat leg from the oven and coat with mustard.

Top the goat leg with the pecan mixture then return to the oven and bake for approximately 35 minutes or until the goat leg is tender.

Remove the cooked goat leg from the oven and transfer to a serving dish.

Serve and enjoy.

SPICY TURMERIC GOAT SATAY

Prep Time: 9 Minutes

Cooking Time: 29 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.2g Protein: 21.1g Fiber: 0.8g

Total Fat: 28.3g Calories: 355 Saturated Fat: 12.4g

Sugar: 1.9g Net Carbs: 3.4g Carbohydrates: 4%

Protein: 19% Fat: 77%

Makes 6 servings

Ingredients

1 lb. ground goat
meat

½ cup diced onion

2 teaspoons grated
garlic

1-teaspoon turmeric

Method

Preheat a steamer over medium heat and wait until it is ready.

Season the ground goat meat with diced onion, grated garlic, turmeric, and red chili flakes then mix well.

Crack the egg then add to the seasoned goat meat mixture then mix until combined.

Take half of a handful of the mixture then mold the meat

2 teaspoons red chili
flakes

1 egg

mixture around a wooden skewer. Repeat with the remaining goat meat.

Arrange the satay in the steamer and steam for approximately 20 minutes or until set.

Once the satay is done, remove from the steamer and let it rest for a few minutes.

Next, preheat a grill over medium heat and once it is done, arrange the satay on the grill and grill for about 3 minutes each side or until both sides of the satay are lightly golden brown.

Arrange the grilled satay on a serving dish then serve.

Enjoy warm.

COCONUT CREAMY GOAT FRITTERS WITH SAUTÉED EGGPLANT

Prep Time: 19 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.5g Protein: 21.5g Fiber: 1.7g

Total Fat: 46g Calories: 513 Saturated Fat: 17.8g

Sugar: 1.8g Net Carbs: 3.8g Carbohydrates: 3%

Protein: 16% Fat: 81%

Makes 7 servings

Ingredients

1 lb. ground goat
meat

½ cup chopped leek

Method

Season the ground goat meat with minced garlic and pepper then combine with egg. Mix well.

Add chopped leek to the meat and mix until just combined.

2 teaspoons minced
garlic

1 egg

4 tablespoons extra
virgin olive oil

½ teaspoon pepper

1 cup cubed eggplant

¼ cup coconut milk

½ tablespoon
coconut flour

1 tablespoons lemon

Shape the meat mixture into medium fritters then set aside.

Next, preheat a saucepan over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, put the fritters on the saucepan. Don't be too close.

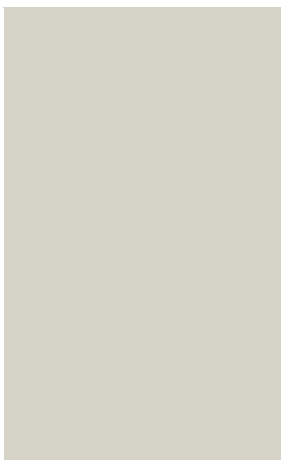
Cook the fritters for approximately 3 minutes each side or until the fritters are lightly golden brown and cooked through.

Remove the fritters from the pan and arrange on a serving dish.

After that, put the cubed eggplant into the pan and sauté with the remaining olive oil until just wilted.

Remove the eggplant from heat and place next to the fritters.

Keep the saucepan over medium heat then pour the coconut flour and coconut mixture into the saucepan. Bring to a simmer.



Once it is done, remove from heat and add lemon to the sauce.

Drizzle the coconut sauce over the fritters and eggplants then serve.

Enjoy!

GINGERY BAKED GOAT CURRY WITH CAULIFLOWER

Prep Time: 12 Minutes

Cooking Time: 44 Minutes

Nutrition Facts Per Serving

Carbohydrates: 9.6g Protein: 18.4g Fiber: 3.6g

Total Fat: 26.9g Calories: 339 Saturated Fat: 12.1g

Sugar: 4g Net Carbs: 6g Carbohydrates: 7%

Protein: 22% Fat: 71%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. goat meat

4 tablespoons extra
virgin olive oil

1-teaspoon ginger

$\frac{1}{2}$ teaspoon cumin

Method

Preheat an oven to 350°F (177°C) and prepare a disposable aluminum pan. Set aside.

Place ginger, cumin, cilantro, and turmeric in a bowl then pour olive oil over the spices. Stir until incorporated.

1-teaspoon cilantro

$\frac{3}{4}$ teaspoon turmeric

1 cup chopped onion

2 cups cauliflower
florets

$\frac{1}{2}$ teaspoon pepper

$\frac{3}{4}$ cup coconut milk

1-tablespoon curry

Cut the goat meat into cubes then rub with the olive oil mixture.

Place the seasoned goat meat in the prepared aluminum pan then sprinkle chopped onion over the goat meat.

Bake the goat meat for approximately 30 minutes or until tender.

In the meantime, combine coconut milk, curry, and pepper in a saucepan then bring to a simmer. Remove from heat.

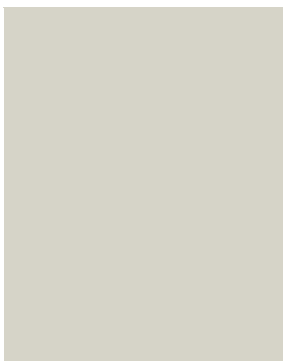
After 30 minutes, take the aluminum pan out of the oven and sprinkle cauliflower florets over the goat meat.

Drizzle coconut sauce on top then cover the aluminum pan with aluminum foil.

Return the aluminum pan to the oven and bake for about 15 minutes.

Once it is done, remove the aluminum pan from the oven and let it rest for a few minutes.

Discard the cover then transfer the cooked goat meat to a



serving dish together with the cauliflower.

Serve and enjoy.

MINTY GOAT ROLL WITH ROASTED BROCCOLI AND CARROTS

Prep Time: 12 Minutes

Cooking Time: 38 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.4g Protein: 17.6g Fiber: 3g

Total Fat: 27.3g Calories: 337 Saturated Fat: 4.2g

Sugar: 2.5g Net Carbs: 5.4g Carbohydrates: 6%

Protein: 22% Fat: 72%

Makes 6 servings

Ingredients

$\frac{3}{4}$ lb. goat meat

1-teaspoon pepper

1-teaspoon thyme

1-teaspoon sage

1-teaspoon rosemary

Method

Preheat an oven to 350°F and prepare a disposable aluminum pan. Set aside.

Combine $\frac{1}{4}$ cup of olive oil with pepper, thyme, sage, rosemary, minced garlic, and grated lemon zest then stir until incorporated.

Cut the goat meat into thin slices then rub with the spice

3 teaspoons minced
garlic

$\frac{1}{2}$ teaspoon grated
lemon zest

$\frac{1}{2}$ cup extra olive oil

$\frac{1}{2}$ cup mint leaves

$\frac{1}{4}$ cup parsley

1 tablespoon lemon
juice

1-cup broccoli florets

1 cup carrots

$\frac{1}{2}$ cup onion

mixture. Let it rest for a few minutes.

Next, combine chopped mint leaves with parsley then pour the remaining olive oil and lemon juice over the greens. Mix well.

Arrange the sliced meat on a flat surface then put the mint leaves mixture on top.

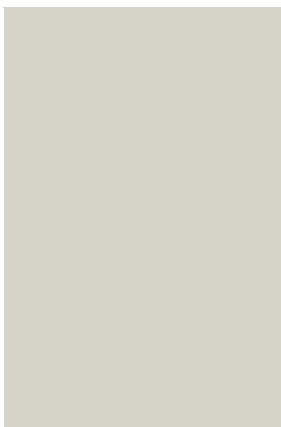
Roll the goat meat and tightly bind with string.

Spread broccoli florets, chopped carrots, and diced onion in the prepared aluminum pan then place the rolled goat meat on it.

Place the aluminum pan in the oven and bake for approximately 40 minutes or until the goat meat is tender and cooked through.

Remove the aluminum pan from the oven let it rest for a few minutes.

Take the rolled goat meat out of the aluminum pan and place on a flat surface.



Cut the rolled goat meat into thick slices and arrange on a serving dish.

Top with the roasted vegetables then serve.

Enjoy!

COCONUT CREAMY CHICKEN CHEESE

Prep Time: 12 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.1g Protein: 10.6g Fiber: 0.6g

Total Fat: 42.7g Calories: 432 Saturated Fat: 20.6g

Sugar: 3.2g net carbs: 10.5g Carbohydrates: 3%

Protein: 25% Fat: 72%

Makes 4 servings

Ingredients

¾ lb. boneless
chicken thighs

2-½ tablespoons
extra virgin olive oil

¼ cup coconut milk

Method

Cut the boneless chicken thighs into medium pieces then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, stir in minced garlic then sauté until lightly golden and aromatic.

$\frac{3}{4}$ cup chicken broth

2 teaspoons minced
garlic

1 $\frac{1}{2}$ teaspoons Italian
seasoning

$\frac{1}{2}$ cup grated
Parmesan cheese

1 $\frac{1}{2}$ cup chopped
spinach

$\frac{1}{2}$ cup halved cherry
tomatoes

Add the boneless chicken thighs to the skillet then stir until wilted.

Pour chicken broth over the chicken then bring to boil.

Cook until the chicken is completely done.

Pour coconut milk over the chicken and season with Italian seasoning.

Add chopped spinach and cherry tomatoes to the skillet. Stir until just wilted.

Transfer the cooked chicken together with the gravy and vegetables to a serving dish then quickly sprinkle grated Parmesan cheese on top. Stir well.

Serve and enjoy warm

CRISPY CHICKEN OREGANO WITH COCONUT COATING

Prep Time: 8 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.4g Protein: 13.5g Fiber: 1.9g

Total Fat: 45.5g Calories: 464 Saturated Fat: 13.1g

Sugar: 1.4g Net Carbs: 1.5g Carbohydrates: 1%

Protein: 19% Fat: 88%

Makes 8 servings

Ingredients

1 lb. boneless chicken
thigh

2 eggs

$\frac{1}{2}$ teaspoon oregano

Method

Cut the chicken thigh into slices then set aside.

Crack the eggs then place the eggs in a bowl.

Season the eggs with pepper and oregano then stir well.

½ teaspoon pepper

¼ cup almond flour

1 cup grated coconut

1-cup extra virgin
olive oil, to fry

Next, add almond flour to the seasoned eggs then mix until combined.

Dip the sliced chicken into the egg mixture then roll in the grated coconut. Make sure that the chicken is completely coated with the grated coconut.

Preheat a frying pan over medium heat then pour extra virgin olive oil into it.

Put the coated chicken into the frying pan then fry until cooked.

Once it is done, remove the chicken from the frying pan strain the oil.

Arrange on a serving dish and serve the chicken warm.

Enjoy immediately.

CHICKEN TOMATO SOUP WITH MUSHROOM

Prep Time: 6 Minutes

Cooking Time: 22 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.5g Protein: 11g Fiber: 1.1g

Total Fat: 15.6g Calories: 202 Saturated Fat: 3.5g

Sugar: 2.4g Net Carbs: 3.4g Carbohydrates: 7%

Protein: 23% Fat: 70%

Makes 6 servings

Ingredients

¾ lb. boneless
chicken thigh

2 tablespoons extra
virgin olive oil

Method

Cut the boneless chicken thigh into small pieces then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, stir in chopped onion and sauté until

1/2 cup chopped
onion

2 cups water

1/2 cup tomato puree

1/2 teaspoon pepper

1/4 teaspoon nutmeg

1/2 cup chopped
mushroom

2 tablespoons
chopped celeries

aromatic and lightly golden brown.

Add chicken to the skillet then sauté until just wilted.

Pour water over the chicken then season the soup with pepper and nutmeg. Stir well then bring to boil.

Once it is boiled, reduce the heat and cook the soup until the chicken is completely seasoned.

Pour tomato puree over the chicken and add chopped mushroom to the soup. Bring to a simmer.

Once it is done, transfer the chicken soup to a serving bowl then sprinkle chopped celeries on top.

Serve and enjoy warm.

CHICKEN CHEESE BALLS WITH COCONUT CRUMBLES

Prep Time: 4 Minutes

Cooking Time: 26 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.6g Protein: 25.4g Fiber: 1.9g

Total Fat: 53.9g Calories: 592 Saturated Fat: 16.7g

Sugar: 1.5g Net Carbs: 1.3g Carbohydrates: 1%

Protein: 17% Fat: 82%

Makes 4 servings

Ingredients

1 lb. boneless chicken
thigh

½ cup grated cheddar
cheese

2 eggs

Method

Cut the boneless chicken thigh
then Process until smooth.

Transfer the chicken to a
mixing bowl then add almond
flour to the chicken.

Crack an egg and drop in the
bowl and after that, mix the

2 tablespoons almond
flour

$\frac{1}{4}$ teaspoon pepper

1 cup grated coconut

$\frac{1}{2}$ cup extra virgin
olive oil, to fry

chicken with the almond flour and egg until combined.

Shape the chicken mixture into small balls then set aside.

Crack the remaining egg and place in a bowl.

Season the egg with pepper then mix well.

Dip chicken ball in the egg mixture then roll in the grated coconut. Make sure that the cheese balls are completely coated with grated coconut.

After that, preheat a frying pan over medium heat then pour olive oil into it.

Once the oil is hot, carefully put the chicken cheese balls in the skillet and fry until all sides are lightly golden brown and crispy.

Remove the fried chicken cheese balls from the frying pan then strain the oil.

Arrange the cheese balls on a serving dish and serve.

Enjoy immediately.

GRILLED CHICKEN SATAY WITH SPICY CASHEW SAUCES

Prep Time: 4 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5g Protein: 32.1g Fiber: 0.7g

Total Fat: 33.2g Calories: 451 Saturated Fat: 8.8g

Sugar: 1.7g Net Carbs: 4.3g Carbohydrates: 4%

Protein: 23% Fat: 73%

Makes 8 servings

Ingredients

2 lbs. boneless
chicken thighs

½ teaspoon pepper

3 tablespoons extra
virgin olive oil

Method

Cut the boneless chicken thighs into cubes then season with pepper. Let the chicken rest

Place roasted cashews in a blender then add red chili flakes and minced garlic to the blender.

¼ cup roasted
cashews

2 tablespoons red
chili flakes

¼ cup water

2 tablespoons
coconut aminos

1 teaspoon minced
garlic

1 kaffir lime leaf

Pour water into over the cashews then blend.

Transfer the cashew mixture to a saucepan then add kaffir lime leaf to it. Bring to a simmer.

Once it is done, remove the cashew sauce from heat then drizzle coconut aminos over the sauce. Stir well then let it cool.

Next, preheat a grill over medium heat then wait until it is ready.

In the meantime, using a wooden skewer prick the chicken cubes then brush with extra virgin olive oil.

Once the grill is ready, place the chicken satay on it and grill until done. Don't forget to flip the chicken satay and make sure that both sides of the chicken satay are completely cooked.

Arrange the cooked chicken satay on a serving dish then drizzle cashew sauce on top.

Serve and enjoy warm.

CHEESY CHICKEN LOAF WITH BROCCOLI AND CARROT

Prep Time: 9 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.3g Protein: 24.4g Fiber: 2.1g

Total Fat: 33.8g Calories: 433 Saturated Fat: 11.6g

Sugar: 3.8g Net Carbs: 6.2g Carbohydrates: 6%

Protein: 24% Fat: 70%

Makes 4 servings

Ingredients

2 lbs. boneless
chicken thighs

1/2 teaspoon pepper

3 tablespoons extra
virgin olive oil

Method

Cut the boneless chicken thighs into cubes then season with pepper. Let the chicken rest

Place roasted cashews in a blender then add red chili flakes and minced garlic to the blender.

¼ cup roasted
cashews

2 tablespoons red
chili flakes

¼ cup water

2 tablespoons
coconut aminos

1 teaspoon minced
garlic

1 kaffir lime leaf

Pour water into over the cashews then blend.

Transfer the cashew mixture to a saucepan then add kaffir lime leaf to it. Bring to a simmer.

Once it is done, remove the cashew sauce from heat then drizzle coconut aminos over the sauce. Stir well then let it cool.

Next, preheat a grill over medium heat then wait until it is ready.

In the meantime, using a wooden skewer prick the chicken cubes then brush with extra virgin olive oil.

Once the grill is ready, place the chicken satay on it and grill until done. Don't forget to flip the chicken satay and make sure that both sides of the chicken satay are completely cooked.

Arrange the cooked chicken satay on a serving dish then drizzle cashew sauce on top.

Serve and enjoy warm.

CRISPY ALMOND CHICKEN WITH TOMATO ONION SAUCE

Prep Time: 11 Minutes

Cooking Time: 21 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.7g Protein: 17.2g Fiber: 0.9g

Total Fat: 40g Calories: 433 Saturated Fat: 7.8g

Sugar: 1.4g Net Carbs: 2.8g Carbohydrates: 3%

Protein: 14% Fat: 83%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. boneless
chicken thighs

1 egg

$\frac{1}{4}$ cup almond flour

Method

Cut the boneless chicken thighs into thin slices then set aside.

Crack the egg then place in a bowl. Beat until incorporated.

Dip the sliced chicken in the beaten egg then roll in the almond flour. Repeat with the

1/2 cup extra virgin
olive oil, to fry

1 cup chopped onion

1/2 cup tomato puree

1/4 teaspoon pepper

remaining chicken and almond flour.

After that, preheat a pan over medium heat then pour olive oil into it.

Once the oil is hot, put the coated chicken into the pan then fry lightly golden brown and the chicken is cooked through.

Discard the excessive oil.

Arrange the fried chicken on a serving dish then set aside.

Take 2 tablespoons of oil then pour into a saucepan.

Stir in chopped onion then sauté until lightly golden brown and aromatic.

Next, add tomato puree to the saucepan then season with pepper. Stir well and bring to a simmer.

Once it is done, remove the sauce from heat then drizzle the tomato sauce over the chicken.

Serve and enjoy warm.

MARINATED CHICKEN LEMON JALAPENO

Prep Time: 11 Minutes

Cooking Time: 2 hours 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8g Protein: 21.1g Fiber: 2g

Total Fat: 31.3g Calories: 396 Saturated Fat: 7.1g

Sugar: 2.9g Net Carbs: 6g Carbohydrates: 6%

Protein: 23% Fat: 71%

Makes 4 servings

Ingredients

1-½ lbs. chicken
thighs

4 tablespoons extra
virgin olive oil

Method

Combine extra virgin olive oil with lemon juice then season with onion, jalapeno, minced garlic, thyme, and cinnamon. Stir well.

Store in the fridge to keep it fresh.

After 2 hours, remove the marinated chicken from the

2 cups chopped
onion

2 tablespoons minced
garlic

3 tablespoons
chopped jalapeno

3 tablespoons lemon
juice

2 teaspoons thyme

1-teaspoon cinnamon

fridge and thaw at room temperature.

In the meantime, preheat a grill over medium heat then wait until it is ready.

Place the marinated chicken thighs on the grill until cooked through. Occasionally, brush the chicken thighs with the remaining marinade.

Remove the grilled chicken thighs from the grill and arrange on a serving dish.

Serve and enjoy.

TOMATO CHICKEN STEW WITH BABY SPINACH

Prep Time: 9 Minutes

Cooking Time: 41 Minutes

Nutrition Facts Per Serving

Carbohydrates: 2.8g Protein: 21.3g Fiber: 1.2g

Total Fat: 34.8g Calories: 410 Saturated Fat: 12.9g

Sugar: 1.1g Net Carbs: 2.8g Carbohydrates: 3%

Protein: 21% Fat: 76%

Makes 4 servings

Ingredients

1 lb. chopped
boneless chicken
thighs

3 tablespoons olive
oil

Method

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once it is hot, stir in minced garlic then sauté until lightly golden and aromatic.

Next, add chopped boneless chicken thighs to the skillet and

2 tablespoons garlic

½ teaspoon oregano

½ teaspoon pepper

½ cup halved cherry
tomatoes

1-cup water

½ cup coconut milk

1 cup chopped baby
spinach

sauté until the chicken is no longer pink.

Season the chicken with oregano and pepper then pour water over the chicken. Bring to boil.

Once it is boiled, reduce the heat and cook until the chicken is tender and the water is completely absorbed into the chicken.

Pour coconut milk into the skillet and add halved cherry tomatoes to the stew. Bring to a simmer.

Once it is done, add chopped baby spinach to the skillet and stir well.

Remove the chicken stew from heat and transfer to a serving dish.

Serve and enjoy warm.

GRILLED CHICKEN THIGHS ROSEMARY

Prep Time: 11 Minutes

Cooking Time: 39 Minutes

Nutrition Facts Per Serving

Carbohydrates: 2.9g Protein: 30.5g Fiber: 0.6g

Total Fat: 36.2g Calories: 465 Saturated Fat: 9.1g

Sugar: 0.1g Net Carbs: 2.3g Carbohydrates: 2%

Protein: 28% Fat: 70%

Makes 4 servings

Ingredients

1-½ lbs. chicken
thighs

3 tablespoons
balsamic vinegar

Method

Combine balsamic vinegar with extra virgin olive oil then season with minced garlic, thyme, pepper, and chopped rosemary.

Rub the chicken thighs with the spice mixture then let it rest for approximately 15 minutes.

3 tablespoons extra
virgin olive oil

3 tablespoons minced
garlic

1-½ teaspoons thyme

2 teaspoons chopped
rosemary

½ teaspoon pepper

In the meantime, preheat a grill over medium heat then wait until it is ready.

Place the seasoned chicken thighs on the grill then grill until all sides of the chicken are golden brown and cooked through. Brush the chicken thighs with the marinade once every 5 minutes.

Once it is done, remove the chicken from the grill and transfer to a serving dish.

Serve and enjoy warm.

CHEESY CHICKEN ZUCCHINI IN SAVORY COCONUT GRAVY

Prep Time: 11 Minutes

Cooking Time: 34 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.8g Protein: 26.7g Fiber: 1.3g

Total Fat: 38.6g Calories: 471 Saturated Fat: 16.9g

Sugar: 1.8g Net Carbs: 3.5g Carbohydrates: 3%

Protein: 23% Fat: 74%

Makes 4 servings

Ingredients

1 lb. boneless chicken
thighs

2 tablespoons extra
virgin olive oil

Method

Cut the boneless chicken thighs into cubes then set aside.

Next, preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, add chicken cubes to the skillet and sauté

2 tablespoons minced
garlic

½ teaspoon black
pepper

1 teaspoon Italian
seasoning

½ cup coconut milk

1 cup sliced zucchini

¾ cup grated cheddar
cheese

¼ cup chopped
parsley

until wilted. Cook until the chicken is done.

Remove the cooked chicken from the skillet and place on a plate.

Next, stir in minced garlic to the skillet then sauté until lightly golden brown and aromatic.

After that, pour coconut milk into the skillet and season with black pepper and Italian seasoning. Bring to a simmer.

Once it is done, put the cooked chicken and sliced zucchini to the skillet and stir until the chicken is completely coated with the seasoned coconut milk.

Transfer the cooked chicken and the gravy to a serving dish then sprinkle grated cheddar cheese on top.

Garnish with fresh parsley and serve.

Enjoy immediately.

GARLICKY CHICKEN ASPARAGUS

Prep Time: 11 Minutes

Cooking Time: 39 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.6g Protein: 31.1g Fiber: 1.1g

Total Fat: 36.2g Calories: 470 Saturated Fat: 9.1g

Sugar: 0.9g Net Carbs: 3.5g Carbohydrates: 3%

Protein: 27% Fat: 70%

Makes 4 servings

Ingredients

1-½ lbs. boneless
chicken thighs

3 tablespoons extra
virgin olive oil

Method

Preheat an oven to 250°F and line a baking tray with parchment paper.

Next, cut the boneless chicken thighs into medium cubes then set aside.

Combine extra virgin olive oil with lemon juice, minced garlic,

2 tablespoons lemon
juice

3 tablespoons minced
garlic

$\frac{3}{4}$ teaspoon oregano

$\frac{1}{2}$ teaspoon black
pepper

$\frac{1}{2}$ lb. chopped
asparagus

1 fresh lemon

oregano, and black pepper then mix well.

Rub the boneless chicken thighs with the spice mixture then spread on the prepared baking tray.

Sprinkle asparagus over the chicken then arrange sliced lemon on top.

Bake the chicken for approximately 25 minutes or until the chicken is cooked through.

Remove the cooked chicken from the oven and transfer to a serving dish.

Serve and enjoy.

CRISPY CHICKEN WITH CHEESE SAUCE

Prep Time: 9 Minutes

Cooking Time: 41 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.6g Protein: 12.7g Fiber: 1.1g Total

Fat: 42.2g Calories: 439 Saturated Fat: 10.7g Sugar:

3.4g Net Carbs: 4.5g Carbohydrates: 4%

Protein: 9% Fat: 87%

Makes 4 servings

Ingredients

1 lb. boneless chicken
thigh

½ teaspoon black
pepper

1 cup almond flour

Method

Cut the boneless chicken thigh into slices then set aside.

Crack the egg then place in a bowl.

Season the egg with black pepper then stir until incorporated.

1 egg

½ cup extra virgin
olive oil, to fry

1 cup almond yogurt

1 cup grated cheddar
cheese

2 teaspoons mustard

Dip the sliced chicken in the beaten egg then roll in the almond flour. Make sure that the chicken is completely coated with almond flour.

Preheat a frying pan over medium heat then pour olive oil into the pan.

Once the oil is hot, put the chicken in the frying pan and fry until both sides of the chicken are lightly golden brown and the chicken is completely cooked.

Place the crispy chicken on a serving dish.

In the meantime, place almond yogurt, grated cheddar cheese, and mustard in a saucepan then bring to a simmer over very low heat.

Stir the sauce until incorporated then remove from heat.

Drizzle the cheese sauce over the chicken then serve.

Enjoy warm!

STICKY CHICKEN WITH SPICY SAUCE

Prep Time: 12 Minutes

Cooking Time: 29 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.2g Protein: 21g Fiber: 2g

Total Fat: 31.7g Calories: 386 Saturated Fat: 7.1g

Sugar: 1.8g Net Carbs: 3.2 Carbohydrates: 3%

Protein: 23% Fat: 74%

Makes 4 servings

Ingredients

1-½ lbs. boneless
chicken thighs

2 tablespoons lemon
juice

Method

Preheat an oven to 250°F and line a baking tray with aluminum foil. Set aside.

Cut the boneless chicken thighs into slices then rub with olive oil and lemon juice.

Spread chicken on the prepared baking tray then set aside.

4 tablespoons extra
virgin olive oil

½ cup chopped
onion

2 tablespoons diced
green chili

1-tablespoon chili
powder

1-tablespoon sweet
paprika

1-teaspoon cumin

½ teaspoon oregano

3 tablespoons tomato
puree

Preheat a saucepan over medium heat then pour the remaining olive oil into it.

Stir in chopped onion and sauté until aromatic and lightly golden brown.

After that, add tomato puree into the saucepan then season with diced green chili, chili powder, sweet paprika, cumin, and oregano. Stir well.

Drizzle the sauce over the chicken then cover with aluminum foil.

Place the baking tray in the preheated oven and bake the chicken for approximately 30 minutes or until the chicken is cooked through.

Once it is done, remove the cooked chicken from the oven and let it rest for a few minutes.

Unwrap the cooked chicken and transfer to a serving dish.

Drizzle the remaining liquid over the chicken then serve.

BROKEN FRIED DUCK WITH GREEN CHILI TOPPING AND FRIED CABBAGE

Prep Time: 14 Minutes

Cooking Time: 34 Minutes

Nutrition Facts Per Serving

Carbohydrates: 6.6g Protein: 16.8g Fiber: 1.2g

Total Fat: 39g Calories: 436 Saturated Fat: 18.2g

Sugar: 1.7g Net Carbs: 5.4g Carbohydrates: 5%

Protein: 14% Fat: 81%

Makes 4 servings

Ingredients

1 ½ lbs. bone-in duck
thighs

3 tablespoons lemon
juice

Method

Rub the duck with lemon juice then let it rest for approximately 10 minutes.

After 10 minutes, place the duck in a skillet then season with 3 tablespoons of minced garlic, ginger, lemon grasses, and bay leaf.

4 tablespoons minced
garlic

1-teaspoon ginger

2 lemon grasses

1 bay leaf

2 cups water

2 cups chopped
cabbage

½ cup extra virgin
olive oil, to fry

2 tablespoons
chopped green chili

Pour water over the duck then bring to boil.

Once it is boiled, reduce the heat and cook until the water is completely absorbed into the duck.

Remove the duck from heat and set aside.

Preheat a frying pan over medium heat and pour olive oil into the pan.

Once the oil is hot, put the cooked duck in the frying pan and fry until both sides of the duck are lightly golden brown.

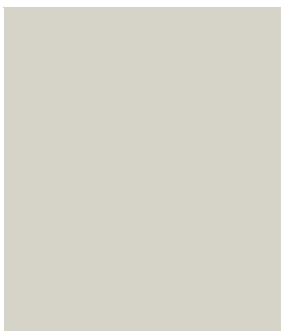
Remove the fried duck from the frying pan and discard the excessive oil.

Place the fried duck on a mortar then press until broken.

Arrange the fried duck on a serving dish then set aside.

Next, quickly fry the chopped cabbage then place next to the fried duck.

After that, place green chili, the remaining minced garlic, and a teaspoon of olive oil in a food



processor then process until smooth.

Top the duck with green chili mixture then serve.

Enjoy immediately.

SPICY DUCK WITH STEAMED GREEN COLLARD

Prep Time: 16 Minutes

Cooking Time: 41 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.9g Protein: 17.9g Fiber: 2.2g

Total Fat: 28.2g Calories: 353 Saturated Fat: 12g

Sugar: 3.1g Net Carbs: 6.7g Carbohydrates: 8%

Protein: 20% Fat: 72%

Makes 4 servings

Ingredients

1 ½ lbs. bone-in duck thighs

2 tablespoons extra virgin olive oil

2 tablespoons minced garlic

Method

Preheat a steamer over medium heat then steam the collard green until just tender.

Remove the steamed collard green from heat then set aside.

Preheat a skillet over medium heat then pour olive oil into it.

Once the oil is hot, stir in minced garlic and sliced shallots

2 teaspoons sliced
shallots

1-teaspoon turmeric

3 tablespoons red
chili flakes

1 kaffir lime leaf

2 cups water

½ cup coconut milk

1 cup chopped
collard green

then sauté until wilted and aromatic.

Next, add the duck to the skillet and season with turmeric, red chili flakes, and kaffir lime leaves.

After that, pour water over the duck then bring to boil.

Once it is boiled, reduce the heat and cook until the duck is tender and cooked through.

Pour coconut milk into the skillet then bring to a simmer. Occasionally stir the gravy until incorporated.

When it is done, remove the cooked duck and the gravy to a serving bowl serve with steamed collard green.

Enjoy!

TOMATO CHILI CHICKEN TENDER WITH FRESH BASILS

Prep Time: 14 Minutes

Cooking Time: 31 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.5g Protein: 25.9g Fiber: 0.6g Total

Fat: 31.9g Calories: 410 Saturated Fat: 7.8g Sugar: 1.5g

Net Carbs: 3.9g Carbohydrates: 4%

Protein: 26% Fat: 70%

Makes 5 servings

Ingredients

2 lbs. boneless
chicken thighs

2 tablespoons minced
garlic

2 lemon grasses 2
cups water

Method

Cut the boneless chicken thighs into medium cubes then place in a skillet.

Season the chicken with minced garlic and lemon grasses then pour water over the chicken. Bring to boil.

Once it is boiled, reduce the heat and cook until the water is

¼ cup diced red
tomatoes

2 tablespoons red
chili flakes

3 tablespoons extra
virgin olive oil

½ cup fresh basils

completely absorbed into the chicken.

Remove the cooked chicken from heat then set aside.

Next, preheat a saucepan over medium heat then pour olive oil into it.

Stir in the chicken and cook until lightly brown.

Add red tomatoes, red chili flakes, and fresh basils to the saucepan then stir until wilted and the chicken is completely seasoned.

Transfer the chicken to a serving dish then serve.

Enjoy!

CHICKEN AVOCADO CREAMY SALAD

Prep Time: 11 Minutes

Cooking Time: 29 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.3g Protein: 16.9g Fiber: 4.5g

Total Fat: 40.3g Calories: 448 Saturated Fat: 13.7g

Sugar: 1.8g Net Carbs: 2.8g Carbohydrates: 3%

Protein: 16% Fat: 81%

Makes 4 servings

Ingredients

1 lb. boneless chicken thighs

½ cup almond milk

1-teaspoon oregano

Method

Add oregano to the almond milk then stir well.

Cut the boneless chicken thighs into slices then rub with almond milk mixture. Let it rest for approximately 10 minutes.

2 tablespoons lemon
juice

3 tablespoons extra
virgin olive oil

1 ripe avocado

2 tablespoons
chopped celeries

2 tablespoons cilantro

$\frac{1}{4}$ cup diced onion

$\frac{1}{4}$ teaspoon pepper

In the meantime, preheat an oven to 250°F and line a baking tray with aluminum foil.

Spread the seasoned chicken on the prepared baking tray and bake until the chicken is done.

While waiting for the chicken, cut the avocado into halves then remove the seed.

Peel the avocado then cut into cubes.

Place the avocado cubes in a salad bowl then drizzle lemon juice and extra virgin olive oil over the avocado.

Add chopped celeries, cilantro, onion, and pepper to the salad bowl then toss to combine.

Once the chicken is done, remove from the oven and transfer to a serving dish.

Top the chicken with avocado salad then serve immediately.

Enjoy right away.

GRILLED SALMON GARLIC WITH TAHINI SAUCE

Prep Time: 14 Minutes

Cooking Time: 12 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.4g Protein: 15.1g Fiber: 2.5g

Total Fat: 24.5g Calories: 298 Saturated Fat: 3.7g

Sugar: 0.7g Net Carbs: 5.9g Carbohydrates: 8%

Protein: 15.1% Fat: 74%

Makes 4 servings

Ingredients

1 ½ lbs. salmon

1 fresh lime

10 cloves garlic

¼ cup extra virgin
olive oil

Method

Cut the lime into halves then squeeze the juice over the salmon. Let the salmon rest for approximately 10 minutes.

In the meantime, place garlic cloves in a food processor then add extra virgin olive oil, cumin, coriander, paprika, and black pepper to the food processor. Process until smooth.

1-teaspoon cumin

$\frac{3}{4}$ teaspoon coriander

1 $\frac{1}{2}$ teaspoons
paprika

$\frac{1}{2}$ teaspoon black
pepper

3 tablespoons tahini
paste

$\frac{1}{4}$ cup water

1 tablespoon lemon
juice

$\frac{1}{4}$ teaspoon garlic
powder

$\frac{3}{4}$ cup chopped
parsley

Wash and rinse the salmon then pat it dry.

Rub the salmon with the garlic mixture then set aside.

Next, prepare a grill and preheat it to medium heat.

Once the grill is ready, place the seasoned salmon directly on the grill and grill for approximately 5 minutes each side.

Once it is done, remove the grilled salmon from the grill and transfer to a serving dish.

Place tahini paste and garlic powder in a food processor then pour water and lemon juice over the paste. Process until smooth.

Transfer the tahini sauce to a serving bowl then add chopped parsley to the sauce. Mix well.

Serve the grilled salmon with tahini sauce and enjoy warm

LEMON MINT GRILLED PRAWNS

Prep Time: 16 Minutes

Cooking Time: 12 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.8g Protein: 14.3g Fiber: 0.4g

Total Fat: 19.6g Calories: 238 Saturated Fat: 5.6g

Sugar: 0.3g Net Carbs: 1.4g Carbohydrates: 2%

Protein: 14% Fat: 74%

Makes 4 servings

Ingredients

2 lb. fresh prawn

2 tablespoons
chopped mint leaves

$\frac{1}{4}$ teaspoon thyme

Method

Place mint leaves, thyme, chopped parsley, minced garlic, lemon juice, and extra virgin olive oil in a blender then blend until incorporated.

Drizzle the spice mixture over the prawns then toss until the prawn is completely seasoned.

2 tablespoons
chopped parsley

4 teaspoons minced
garlic

1/4 cup extra virgin
olive oil

2 tablespoons lemon
juice

1/4 cup carrot stick

1/4 cup chopped
lettuce

1/2 cup grated cheddar
cheese

Preheat a grill over medium heat then wait until it is ready.

In the meantime, preheat a steamer and steam the carrot until tender. Set aside.

Once the grill is ready, place the prawns on it. Grill for a few minutes until the prawns are completely cooked and brush with the spices once in a while.

When the prawn is done, remove from grill and place on a serving dish.

Garnish with lettuce and steamed carrots then sprinkle grated cheddar cheese on top.

Serve and enjoy.

TUNA GARLIC SALAD WITH JALAPENO COLESLAW

Prep Time: 14 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.3g Protein: 14.2g Fiber: 1.4g

Total Fat: 30.2g Calories: 352 Saturated Fat: 3g

Sugar: 2.6g Net carbs: 5.9g Carbohydrates: 7%

Protein: 16% Fat: 77%

Makes 6 servings

Ingredients

1 lb. tuna fillet

2 tablespoons lemon
juice

2 tablespoons minced
garlic

Method

Drizzle lemon juice over the tuna fillet then let it rest for approximately 10 minutes.

In the meantime, cut the apple then place in a bowl.

Quickly peel the carrot and shred it into pieces.

Next, cup the green jalapeno into slices then combine with

A pinch of black pepper

2 tablespoons butter

1 fresh apple

1 medium carrot

2 cups shredded cabbage

1 green jalapeno

3 tablespoons mayonnaise

1 ½ tablespoons extra virgin olive oil

apple dices, shredded carrots, and shredded cabbage.

Drizzle extra virgin olive oil over the coleslaw then toss to combine. Set aside.

After 10 minutes, rub the tuna fillet with minced garlic and pepper then set aside.

In the meantime, preheat a grill over medium heat then wait until it reaches the desired temperature.

Once the grill is ready, brush the tuna fillet with butter then place directly on the grill.

Grill the tuna until the tuna fillet is cooked through.

Remove the tuna from the grill then serve with jalapeno coleslaw and mayonnaise.

CALAMARI MAYO WITH CAULIFLOWER BROCCOLI SALAD

Prep Time: 16 Minutes

Cooking Time: 13 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.2g Protein: 19.3g Fiber: 2g

Total Fat: 39.3g Calories: 452 Saturated Fat: 7.5g

Sugar: 2g Net Carbs: 6g Carbohydrates: 5%

Protein: 17% Fat: 78%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. fresh squids

1 egg

$\frac{1}{4}$ teaspoon pepper

Method

Preheat a steamer over medium heat then steam broccoli and cauliflower florets until tender. Set aside.

Remove the squid ink and cut the squids into rings.

Crack the egg then place in a bowl.

1 cup almond flour

$\frac{1}{2}$ cup extra virgin
olive oil, to fry

1-cup broccoli florets

1-cup cauliflower
florets

$\frac{1}{4}$ cup diced cheddar
cheese

2 tablespoons diced
onion

$\frac{1}{4}$ cup mayonnaise

$\frac{1}{4}$ cup sour cream

1-tablespoon lemon
juice

Season the egg with pepper and stir until incorporated.

Dip the squids in the beaten egg then roll in the almond flour. Set aside.

Preheat a frying pan over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, put the rolled squids into the frying pan until lightly golden brown.

Discard the excessive oil.

Next, combine mayonnaise with sour cream and lemon juice then mix well.

To serve, place the fried calamari on a serving dish then arrange the steamed broccoli and cauliflower florets on the same serving dish.

Drizzle mayonnaise mixture over the salad then sprinkle diced cheddar cheese on to.

Serve and enjoy immediately.

FRIED CRAB GARLIC WITH ZUCCHINI PICKLES

Prep Time: 11 Minutes

Cooking Time: 26 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.1g Protein: 21.5g Fiber: 1.3g

Total Fat: 29.4g Calories: 385 Saturated Fat: 4.1g

Sugar: 1.8g Net carbs: 5.8g Carbohydrates: 6%

Protein: 24% Fat: 70%

Makes 4 servings

Ingredients

4 soft shell crabs

4 tablespoons minced
garlic

½ cup extra virgin
olive oil

Method

Cut the zucchini into thin slices then place in a jar with a lid.

Add chopped onion, celery seeds, and turmeric to the jar then pour apple cider vinegar to the jar.

Cover the jar with the lid and shake for a few seconds. Store the pickles in the refrigerator.

1 medium zucchini

½ cup chopped
onion

2 teaspoons celery
seeds

1-teaspoon turmeric

1-cup apple cider
vinegar

Place the crabs in the pot then pour water to cover.

Season with minced garlic then bring to boil.

Once it is boiled, turn the stove off and cover the pot with the lid. Let it rest for approximately 5 minutes.

After 5 minutes, open the pot and take the crabs out of the pot.

Preheat a frying pan over medium heat then pour extra virgin olive oil into it.

Once it is hot, put the crabs into the frying pan then fry until crispy.

Once it is done, remove from the frying pan and transfer to a serving dish.

Serve with zucchini pickles.

SPINACH SALMON NUGGET

Prep Time: 11 Minutes

Cooking Time: 21 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.6g Protein: 25.2g Fiber: 2.9g

Total Fat: 37.8g Calories: 445 Saturated Fat: 6g

Sugar: 0.6g Net Carbs: 2.7g Carbohydrates: 2%

Protein: 22% Fat: 76%

Makes 4 servings

Ingredients

½ lb. salmon fillet

½ teaspoon pepper

3 teaspoons minced
garlic

1 egg

Method

Preheat a steamer over medium heat then steam the spinach for a few minutes or until just wilted. Remove from the steamer.

Cut the salmon fillet into cubes then place in a food processor then add minced garlic and pepper to the food processor. Process until smooth.

1 cup chopped
spinach

½ cup extra virgin
olive oil, to fry

Crack the egg and add to the salmon mixture.

Add chopped steamed spinach to the mixture then mix until just combined.

Preheat a steamer again then prepare a baking pan. Line the baking pan with aluminum foil.

Place the salmon mixture in the steamer then steam for approximately 10 minutes or until set.

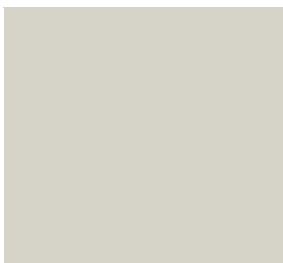
Once it is done, remove from the steamer and let it cool for a few minutes.

Take the salmon nugget out of the baking pan and cut into thick slices.

Next, preheat a frying pan and pour extra virgin olive oil into it.

Put the sliced salmon nugget in the frying pan and fry until both sides are lightly golden brown.

Take the fried salmon nugget out of the frying pan and strain the excessive oil.



Arrange the fried salmon nuggets on a serving dish and serve.

Enjoy warm.

SAVORY FRIED PRAWN WITH RED CHILI SAUCE AND STEAMED COLLARD GREEN

Prep Time: 9 Minutes

Cooking Time: 11 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.8g Protein: 21g Fiber: 1.2g

Total Fat: 28.3g Calories: 353 Saturated Fat: 4g

Sugar: 0.8g Net Carbs: 4.6g Carbohydrates: 5%

Protein: 23% Fat: 72%

Makes 4 servings

Ingredients

1/2 lb. fresh prawns

3 tablespoons minced
garlic

2 teaspoons coriander

Method

Season the prawn with minced garlic and coriander then let it rest for approximately 10 minutes.

In the meantime, preheat a steamer over medium heat then steam the collard green.

1/2 cup extra virgin
olive oil, to fry

3 shallots

1/4 cup red chili

1 medium red
tomatoes

2 cups collard green

Preheat a frying pan over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, put the prawns in the frying pan and fry for a few minutes or until the prawns turn into pink.

Remove the fried prawns from the frying pan and place on a serving dish.

Stir in red chili, shallots, and red tomatoes to the frying pan then fry for a few minutes or until wilted.

Transfer the fried chili, shallots, and tomatoes process until smooth.

To serve, place the steamed collard green and red chili sauce next to the fried prawn and enjoy warm.

TUNA CHEESE STEAK WITH ASPARAGUS LEMON SALAD

Prep Time: 12 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 0.9g Protein: 29.9g Fiber: 0.2g

Total Fat: 59.7g Calories: 656 Saturated Fat: 5.4g

Sugar: 0.5g Net Carbs: 0.7g Carbohydrates: 1%

Protein: 17% Fat: 82%

Makes 4 servings

Ingredients

1 lb. tuna fillet

3 tablespoons olive
oil

$\frac{1}{2}$ teaspoon pepper

Method

Preheat a saucepan over medium heat then pour olive oil into it.

Sprinkle pepper over the tuna and place the tuna in the saucepan.

1/2 handful asparagus

2 tablespoons lemon
juice

1/2 teaspoon grated
lemon zest

1/4 cup mayonnaise

1/2 cup grated cheddar
cheese

Cook the tuna for approximately 4 minutes or until opaque then flip it.

Continue cooking the tuna for another 4 minutes or until the tuna is lightly golden brown and cooked through.

Remove the tuna from the saucepan then place on a serving dish.

Next, cut and trim the asparagus then sauté with the remaining olive oil.

Once it is done, place the asparagus next to the tuna then set aside.

Quickly combine mayonnaise with lemon juice and grated lemon zest then stir well.

Drizzle the lemon mayonnaise over the tuna and asparagus then sprinkle grated cheese on top.

Serve and enjoy.

STIR FRY CRAB IN CREAMY CHILI

Prep Time: 11 Minutes

Cooking Time: 21 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.6g Protein: 2g Fiber: 1.6g

Total Fat: 25.9g Calories: 320 Saturated Fat: 12.6g

Sugar: 3.3g Net Carbs: 7g Carbohydrates: 9%

Protein: 18% Fat: 73%

Makes 4 servings

Ingredients

4 whole crabs

4 tablespoons minced
garlic

¼ cup olive oil

Method

Cut the crabs into halves then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Once the oil is hot, stir in minced garlic then sauté until wilted and aromatic.

1/2 cup onion

2 teaspoons green
chili

3/4 cup coconut milk

2 kaffir lime leaves

1-cup fresh basil

2 tablespoons lemon
juice

Add halved crabs to the skillet then stir until cooked and crispy.

Remove the crabs from heat then place on a plate.

Stir in chopped onion and green chili to the skillet then sauté with the remaining olive oil.

Pour coconut milk over the onion then season with kaffir lime leaves. Bring to a simmer.

Add fresh basils to the skillet then return the crabs to the skillet. Cook for approximately 2 minutes.

Once it is done, remove from heat then drizzle lemon juice over the crabs.

Transfer the crabs to a serving dish then enjoy.

YELLOW SQUID CURRY WITH CHOPPED CABBAGE

Prep Time: 9 Minutes

Cooking Time: 12 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.6g Protein: 14.9g Fiber: 1.7g

Total Fat: 22.6g Calories: 288 Saturated Fat: 14g

Sugar: 2.1g Net Carbs: 6.9g Carbohydrates: 10%

Protein: 19% Fat: 71%

Makes 4 servings

Ingredients

1 lb. fresh squids

2 tablespoons extra
virgin olive oil

2 teaspoons minced
garlic

Method

Discard the squid ink then wash and rinse the squids.

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, stir in minced garlic and sliced shallots then sauté until aromatic and wilted.

2 teaspoons sliced
shallots

½ teaspoon turmeric

1-teaspoon curry
powder

1 bay leaf 1 lemon
grass

1-inch galangal

1 kaffir lime leaf

1-cup coconut milk

½ cup chopped
cabbage

Stir in the squids then season with turmeric, curry powder, bay leaf, lemon grass, galangal, and kaffir lime leaf then sauté until wilted and completely seasoned.

Pour coconut milk over the squids then bring to boil.

Remove from heat and transfer to a serving dish.

Serve and enjoy

BAKED JUICY SALMON WITH SAUTÉED LEEK AND ASPARAGUS

Prep Time: 11 Minutes

Cooking Time: 26 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.2g Protein: 27.7g Fiber: 0.7g

Total Fat: 32.4g Calories: 413 Saturated Fat: 5g

Sugar: 0.9g Net carbs: 2.5g Carbohydrates: 2%

Protein: 27% Fat: 71%

Makes 4 servings

Ingredients

1 lb. salmon fillet

6 tablespoons extra
virgin olive

Method

Preheat an oven to 400°F (204°C) and prepare a baking tray. Set aside.

Drizzle lemon juice over the salmon fillet then brush with extra virgin olive oil.

2 tablespoons lemon
juice

2 teaspoons minced
garlic

½ cup chopped leek

½ cup chopped
asparagus

½ teaspoon pepper

½ teaspoon ginger

Wrap the salmon fillet with aluminum foil then place on the baking tray.

Place the baking tray in the oven and bake for approximately 10 minutes.

After 10 minutes, take the baking tray out of the oven and unwrap the aluminum foil.

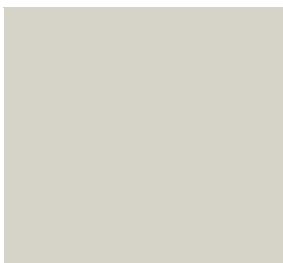
Return the salmon back to the oven and bake again for another 10 minutes or until the salmon is lightly golden brown.

In the meantime, preheat a saucepan over medium heat and pour olive oil into the saucepan.

Once the oil is hot, stir in minced garlic then sauté until lightly golden brown.

Next, add chopped leek and asparagus to the saucepan then season with pepper and ginger. Stir occasionally and cook until the vegetables are wilted.

Transfer the sautéed vegetables to a serving dish then wait until the baked salmon is ready.



When the salmon is done, take it out of the oven and place on the top of the vegetables.

Serve and enjoy!

CRISPY PRAWN WITH ALMOND CHEESY SAUCE

Prep Time: 11 Minutes

Cooking Time: 16 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.3g Protein: 19.4g Fiber: 0.9g

Total Fat: 22.8g Calories: 291 Saturated Fat: 5.7g

Sugar: 0.7g Net Carbs: 2.4g Carbohydrates: 3%

Protein: 26% Fat: 71%

Makes 4 servings

Ingredients

½ lb. fresh prawns

1 egg

½ teaspoon pepper

1 cup almond flour

Method

Peel the prawns and remove the head.

Crack the egg then place in a bowl.

Season the egg with pepper then stir until incorporated.

Dip the prawns in the egg then roll into the almond flour. Set aside.

$\frac{1}{4}$ cup extra virgin
olive oil, to fry

$\frac{1}{4}$ cup chopped
onion

$\frac{1}{4}$ cup water

$\frac{1}{2}$ cup grated cheese

Preheat a frying pan over medium heat then pour extra virgin olive oil into it.

Put the prawns in the frying pan and fry until the prawns are lightly golden brown.

Remove the fried prawns from the frying pan and strain the excessive oil. Arrange on a serving dish.

Take about 2 tablespoons of extra virgin olive oil then pour into a saucepan. Preheat it over medium heat.

When the oil is hot, stir in chopped onion and sauté until wilted and aromatic.

Pour water into the saucepan then add grated cheese to the saucepan.

Stir in almond flour and stir until thick.

Drizzle the cheese sauce over the fried prawns' then serve. Enjoy!

OYSTER STEW CREAMY KALE

Prep Time: 9 Minutes

Cooking Time: 19 Minutes

Nutrition Facts Per Serving

Carbohydrates: 6.7g Protein: 19.4g Fiber: 0.3g

Total Fat: 18.9g Calories: 207 Saturated Fat: 10.8g

Sugar: 1.9g Net Carbs: 5.2g Carbohydrates: 10%

Protein: 8% Fat: 82%

Makes 6 servings

Ingredients

1 lb. oyster

2 tablespoons extra
virgin olive oil

2 teaspoons sliced
shallots

Method

Place the oyster in a pot then bring to boil.

Once it is boiled, reduce the heat and cook for approximately 10 minutes.

Strain the oysters then discard the water. Set aside.

2 tablespoons
chopped celeries

1-cup coconut milk

1-teaspoon thyme

½ teaspoon pepper

2 cups chopped kale

Next, preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Stir in sliced shallots and sauté until wilted and aromatic.

Pour coconut milk into the skillet then bring to boil.

Once it is boiled, season with thyme and pepper then stir in chopped kale. Bring to a simmer.

Transfer to a serving dish then serve.

Enjoy!

TUNA BALLS IN GARLIC TOMATO GRAVY

Prep Time: 14 Minutes

Cooking Time: 23 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4.3g Protein: 21.9g Fiber: 1.8g

Total Fat: 38.6g Calories: 449 Saturated Fat: 1.5g

Sugar: 1.1g Net Carbs: 2.5g Carbohydrates: 2%

Protein: 21% Fat: 77%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. tuna fillet

1-tablespoon coconut
flour

2 tablespoons
chopped leek

Method

Cut the tuna fillet into cubes then place in a food processor.

Add coconut flour into the food processor then process until smooth.

Transfer the tuna mixture to a bowl then add chopped leek to the bowl. Mix until just combined.

2 tablespoons extra
virgin olive oil

3 teaspoons minced
garlic

4 cups water

$\frac{1}{2}$ teaspoon pepper

$\frac{1}{2}$ cup chopped
tomato

$\frac{1}{4}$ cup chopped
celeries

Shape the tuna mixture into small balls form then set aside.

Pour 2 cups of water into a pot then bring to boil.

Once the water is boiled, slowly put the small tuna balls then cook until they are floating.

In the meantime, preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Once the oil is hot, stir in minced garlic then sauté until aromatic.

Pour the remaining water into the skillet then bring to boil.

Once it is boiled, season the gravy with pepper then add chopped tomatoes and celeries to the gravy.

When the tuna balls are floating, take them out of the pot and transfer to the gravy. Bring to a simmer.

Transfer to a serving bowl then serve warm.

Enjoy immediately.

TASTY ASPARAGUS CRAB SOUP

Prep Time: 7 Minutes

Cooking Time: 22 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.5g Protein: 5.3g Fiber: 1g

Total Fat: 9.5g Calories: 118 Saturated Fat: 1.7g

Sugar: 1.3g Net Carbs: 2.5g Carbohydrates: 8%

Protein: 20% Fat: 72%

Makes 8 servings

Ingredients

1 lb. crabmeat

½ lb. chopped
asparagus

2 tablespoons extra
virgin olive oil

Method

Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Once the oil is hot, stir in chopped onion and minced garlic then sauté until wilted and aromatic.

Pour water into the skillet over the spice and bring to boil.

½ cup chopped
onion

2 teaspoons minced
garlic

½ cup cauliflower
florets

2 cups water

2 tablespoons parsley

½ teaspoon pepper

2 eggs

Once it is boiled, season the soup with pepper then stir in crabmeat, asparagus, and cauliflower florets.

Cook the soup for approximately 10 minutes or until the asparagus is tender.

Crack the eggs over boiled gravy and quickly stir well.

Transfer the soup to a serving bowl then garnish with chopped parsley.

Serve and enjoy.

GREEN CHILI SQUID BLACK PEPPER

Prep time: 4 minutes

Cooking time: 16 minutes

Nutrition Facts Per Serving

Carbohydrates: 6.2g Protein: 11.9g Fiber: 0.8g

Total Fat: 18.7g Calories: 235 Saturated Fat: 8.1g

Sugar: 1.1g Net Corbs: 5.4g Carbohydrates: 9%

Protein: 19% Fat: 72%

Makes 4 servings

Ingredients

½ lb. fresh squids

3 tablespoons extra
virgin olive oil

2 teaspoons minced
garlic

Method

Remove the squid ink and cut the squids into rings.

Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

Once the oil is hot, stir in minced garlic and sliced shallots

2 teaspoons sliced
shallots

¼ cup chopped green
chili

½ cup coconut milk

1-teaspoon coconut
aminos

1-teaspoon black
pepper

then sauté until wilted and aromatic.

Next, add the squid to the skillet and sauté until just wilted.

Pour coconut milk over the squids then cook until the liquid is completely absorbed into the squids.

Add chopped green chili, coconut aminos, and black pepper to the skillet then stir until the squids are completely seasoned and cooked through.

Remove the squids from heat and transfer to a serving dish.

Serve and enjoy.

HEALTHY PAN SEARED SALMON WITH MUSHROOM AND SPINACH

Prep Time: 4 Minutes

Cooking Time: 11 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.6g Protein: 19.1g Fiber: 0.7g

Total Fat: 21.6g Calories: 275 Saturated Fat: 3.3g

Sugar: 0.7g Net Carbs: 0.9g Carbohydrates: 2%

Protein: 27% Fat: 71%

Makes 4 servings

Ingredients

1 lb. salmon fillet

3 tablespoons extra
virgin olive oil

Method

Sprinkle pepper over the salmon fillet then set aside.

Preheat a pan over medium heat then pour olive oil into it.

Once it is hot, put the salmon in the pan and sear it for

1 cup chopped
mushroom

2 cups chopped
spinach

$\frac{1}{4}$ cup chopped
tomatoes

$\frac{1}{2}$ teaspoon pepper

1-tablespoon
balsamic vinegar

approximately 4 minutes then flip it.

Sear the other side of the salmon and cook until it is completely done and both sides of the salmon are cooked.

Remove the cooked salmon from the pan and place on a plate.

Next, stir in mushroom then sauté with the remaining olive oil.

Once the mushroom is wilted, stir in chopped spinach and tomatoes then toss with balsamic vinegar.

Transfer the vegetables to a serving dish then put the cooked salmon on top.

Serve and enjoy

STEAMED PRAWNS WITH GREEN BASILS AND LIGHT SPINACH SOUP

Prep Time: 6 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.7g Protein: 12.6g Fiber: 3g

Total Fat: 17.8g Calories: 231 Saturated Fat: 15.7g

Sugar: 3.6g Net Carbs: 3.3g Carbohydrates: 6%

Protein: 24% Fat: 70%

Makes 4 servings

Ingredients

1 lb. fresh prawns

2 teaspoons minced
garlic

¼ cup red chili flakes

Method

Season the coconut milk with red chili flakes and minced garlic then stir well. Set aside.

Preheat a steamer over medium heat then prepare a disposable aluminum pan.

Combine the prawn with chopped tomatoes, lemon

½ cup chopped
tomatoes

2 lemongrasses

1-cup fresh basil

½ cup grated coconut

1-cup coconut milk

2 cups chopped
spinach

2 teaspoons sliced
shallots

1-½ cups water

grasses, fresh basil, and grated coconut then stir well.

Place the mixture in the prepared aluminum pan then spread evenly.

Pour the coconut milk over the mixture then steam for approximately 15 minutes.

In the meantime, pour water into a pot then bring to boil.

Once it is boiled, stir in chopped spinach and season with sliced shallots. Stir well and remove from heat.

When the steamed prawn is done, remove from the steamer and transfer to a serving dish.

Serve with spinach soup.

Enjoy.

MIXED TUNA SOUP IN GREEN COCONUT GRAVY

Prep Time: 4 Minutes

Cooking Time: 16 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.1g Protein: 13.9g Fiber: 0.7g

Total Fat: 26.5g Calories: 302 Saturated Fat: 1.1g

Sugar: 0.5g Net Carbs: 2.4g Carbohydrates: 3%

Protein: 18% Fat: 79%

Makes 6 servings

Ingredients

½ lb. tuna fillet

2 tablespoons extra
virgin olive oil

2 teaspoons sliced
garlic

Method

Place garlic, shallots, and green chili in the food processor then process until smooth.

Preheat a skillet over medium heat then pour extra virgin olive into it.

2 teaspoons sliced
shallots

Once it is hot, stir in the spice mixture then sauté until aromatic.

2 teaspoons green
chili

Pour water over the spice then bring to boil.

½ cup fresh basil

Once it is boiled, add tuna, eggplant, kale, and spinach then season with fresh basil, bay leaf, and galangal.

1 bay leaf

1-inch galangal

Pour coconut milk into the skillet then bring to boil.

1-cup coconut milk

1-cup water

Once it is boiled, remove the soup from heat and transfer to a serving dish.

½ cup chopped
eggplant

Serve and enjoy warm.

½ cup chopped kale

½ cup chopped
spinach

FISH BALLS WITH CHIVES AND LEMON GARLIC CREAMY SAUCE

Prep Time: 6 Minutes

Cooking Time: 24 Minutes

Nutrition Facts Per Serving

Carbohydrates: 11.8g Protein: 25g Fiber: 5g

Total Fat: 37.7g Calories: 476 Saturated Fat: 22.4g

Sugar: 4.5g Net Carbs: 6.8g Carbohydrates: 6%

Protein: 23% Fat: 71%

Makes 4 servings

Ingredients

½ lb. fish fillet

4 tablespoons extra
virgin olive oil

½ cup chopped
onion

Method

Preheat a skillet over medium heat then pour 2 tablespoons of extra virgin olive oil into it.

Once it is hot, stir in chopped onion and sauté until wilted and aromatic. Remove from heat.

Preheat an oven to 350°F and line a baking tray with aluminum foil. Set aside.

4 teaspoons minced
garlic

½ cup chives

1 egg

2-tablespoon coconut
flour

2 tablespoons lemon
juice

1 ½ cups coconut
milk

Cut the fish fillet into cubes then place in a food processor.

Add sautéed onion, ¼ cup chives, egg, and a tablespoon of coconut flour to the food processor then process until tender.

Shape the mixture then arrange on the prepared baking tray.

Place the baking tray in the oven and bake the fish balls for approximately 20 minutes or until the fish balls are set.

In the meantime, preheat a saucepan over medium heat then pour the remaining extra virgin olive oil into it.

SPICY CRISPY SQUIDS WITH ONION

Prep Time: 4 Minutes

Cooking Time: 14 Minutes

Nutrition Facts Per Serving

Carbohydrates: 8.6g Protein: 14.6g Fiber: 2.1g Total

Fat: 30.9g Calories: 358 Saturated Fat: 4.5g

Sugar: 2.6g Net carbs: 6.5g Carbohydrates: 7%

Protein: 15% Fat: 78%

Makes 4 servings

Ingredients

½ lb. fresh squids

1 big onion

1-cup almond flour

½ teaspoon pepper

Method

Cut the squids and onion into rings then set aside.

Place almond flour in a bowl then season with pepper.

Crack the egg and add to the almond flour then pour water over the almond flour. Stir until incorporated. Set aside.

1 egg

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup olive oil

$\frac{1}{4}$ cup chopped red
chili

2 teaspoon garlic

Preheat a frying pan over medium heat then pour olive oil into it.

Dip the onion ring in the almond flour mixture then fry.

Once the onion is done, do the same thing to the squids.

Next, take about 2 tablespoons of olive oil then pour into a pan.

Stir in minced garlic and chopped red chili then sauté until wilted and aromatic.

Add fried onion and squid rings to the pan then stir until the rings are completely seasoned.

Remove from heat and transfer then crispy squids to a serving dish.

Serve and enjoy warm.

SALMON LEMON BLACK PEPPER WITH ROASTED KALE GARLIC

Prep Time: 6 Minutes

Cooking Time: 41 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.2g Protein: 31.5g Fiber: 1.5g

Total Fat: 37.6g Calories: 479 Saturated Fat: 6g

Sugar: 0.8g Net Corbs: 5.7g Carbohydrates: 5%

Protein: 24% Fat: 71%

Makes 4 servings

Ingredients

$\frac{3}{4}$ lb. salmon fillet

6 tablespoons extra
virgin olive

1-teaspoon black
pepper

Method

Preheat an oven to 400°F (204°C)
and prepare 2 disposable
aluminum pans.

Cut the lemons into thin slices then
arrange a half of the salmon slices
on the bottom of the prepared
aluminum pan.

2 fresh lemons

3 cups chopped kale

3 teaspoons minced
garlic

Brush the salmon fillet with olive oil then place on the lemon slices in the aluminum pan.

Sprinkle black pepper over the salmon then cover the salmon with the remaining lemon slices.

Place the salmon in the oven and bake for approximately 30 minutes or until the salmon is opaque and cooked through.

In the meantime, place the chopped kale in another aluminum pan then add the remaining olive oil over the kale.

Season the kale with minced garlic and toss to combine.

Once the salmon is done, remove it from the oven and put kale in it.

Roast the kale for approximately 7 minutes or until done.

Remove the kale from the oven and transfer to a serving dish together with the salmon.

Serve and enjoy.

STEAMED PRAWN AND VEGGIE BAGS

Prep Time: 6 Minutes

Cooking Time: 41 Minutes

Nutrition Facts Per Serving

Carbohydrates: 5.4g Protein: 16.8g Fiber: 1.7g

Total Fat: 26g Calories: 315 Saturated Fat: 7.8g

Sugar: 2.1g Net Corbs: 3.7g Carbohydrates: 5%

Protein: 21% Fat: 74%

Makes 4 servings

Ingredients

2 lbs. fresh shrimps

¼ cup diced carrot

¼ cup chopped leek

½ cup diced onion

Method

Combine almond flour with water then add an egg into the mixture. Stir until mixture.

Make several omelets with this mixture then set aside.

Peel the prawns and remove the head.

4 tablespoons extra
virgin olive oil

¼ cup coconut milk

2 eggs

¼ cup grated cheddar
cheese

1 cup almond flour

½ cup water

Place the prawns in the food processor then process until smooth. Set aside.

Next, preheat a skillet over medium heat then pour 2 tablespoons of olive oil into it.

Once it is hot, stir in chopped onion and sauté until lightly golden brown and aromatic.

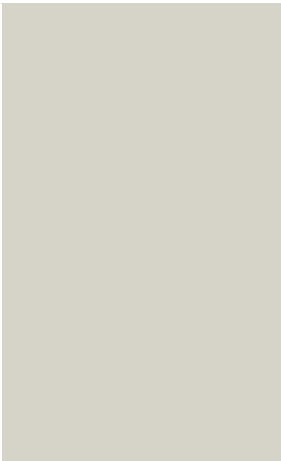
Add carrot and leek to the skillet then pour coconut milk over the veggies. Cook until the coconut milk is completely absorbed into the veggies.

Place the smooth prawn, sautéed veggies, and the remaining eggs in a bowl then mix until combined.

Place an omelet on a flat surface then drop a tablespoon of prawn mixture on it.

Fold like an envelope then set aside. Repeat with the remaining omelets and prawn mixture.

Next, preheat a saucepan over medium heat then pour the remaining olive oil into it.



Once the oil is hot, slowly put the prawn envelopes in the saucepan and cook for approximately 2 minutes.

Flip them and cook for another 2 minutes or until both sides are lightly golden brown.

Remove from the saucepan and arrange on a serving dish.

Serve and enjoy warm.

CARROT AND LEEK IN SPICY TUNA FRITTER

Prep Time: 16 Minutes

Cooking Time: 6 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3g Protein: 8.4g Fiber: 0.4g

Total Fat: 35.2g Calories: 351 Saturated Fat: 4.3g

Sugar: 1g Net Carbs: 2.6g Carbohydrates: 3%

Protein: 7% Fat: 90%

Makes 4 servings

Ingredients

1 lb. tuna fillet

2 teaspoons red chili
flakes

2 teaspoons minced
garlic

Method

Cut the tuna fillet into cubes then place in a food processor.

Add red chili flakes, minced garlic, and eggs then process until smooth.

Add chopped leek and grated carrots to the mixture then mix until just combined.

½ cup chopped leek

¼ cup grated carrots

2 eggs

½ cup extra virgin
olive oil, to fry

Shape the tuna mixture into small fritter forms then set aside.

Next, preheat a frying pan over medium heat then pour olive oil into it.

Once the oil is hot, put the tuna fritters into the frying pan and fry for approximately 3 minutes.

Flip the tuna fritters then fry for another 3 minutes or until both sides of the tuna fritters are lightly golden brown.

Remove the fried tuna fritters from the frying pan and strain the excessive oil.

Arrange the fried tuna on a serving dish then serve.

Enjoy warm.

BAKED CALAMARI WITH AVOCADO LEMON SALSA

Prep Time: 12 Minutes

Cooking Time: 11 Minutes

Nutrition Facts Per Serving

Carbohydrates: 9.6g Protein: 21.5g Fiber: 4.2g

Total Fat: 30.7g Calories: 390 Saturated Fat: 5.2g

Sugar: 0.6g Net Carbs: 5.4g Carbohydrates: 6%

Protein: 23% Fat: 71%

Makes 4 servings

Ingredients

1 lb. fresh squid

1 cup almond flour

1 egg

4 tablespoons extra
virgin olive oil

Method

Crack the egg then place in a bowl.

Pour extra virgin olive oil into the bowl then mix until incorporated.

Remove the squid ink and put the squid in the egg mixture. Soak for a few minutes.

1 ripe avocado

2 tablespoons
mayonnaise

¼ teaspoon pepper

1-teaspoon tomato
puree 1 teaspoon
lemon juice

Preheat an oven to 400°F and line a baking tray with aluminum foil.

Once the oven is ready, take the squids out of the marinade and transfer to the almond flour.

Shake the squids several times until the squids are completely coated with flour.

Transfer the coated squids to the prepared baking tray and spread evenly.

Bake the squids for approximately 10 minutes then flip all of the squids.

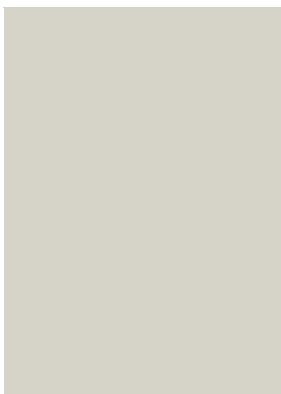
Bake again for another 10 minutes or until the squids is crispy and lightly golden brown.

Remove the squids from the oven and transfer to a serving dish.

Cut the avocado into halves then discard the seed.

Scoop out the avocado flesh and mash until smooth and creamy.

Add mayonnaise, pepper, tomato puree, and lemon juice



to the avocado then mix until combined.

Serve the baked squids with avocado lemon salsa.

Enjoy!

ZUCCHINI SALMON CLEAR SOUP

Prep Time: 6 Minutes

Cooking Time: 11 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.2g Protein: 20.3g Fiber: 0.4g

Total Fat: 21.6g Calories: 276 Saturated Fat: 3.5g

Sugar: 0.3g Net Carbs: 0.8g Carbohydrates: 1%

Protein: 29% Fat: 70%

Makes 4 servings

Ingredients

1 lb. salmon fillet

3 tablespoons extra
virgin olive oil

1-teaspoon minced
garlic

Method

Cut the salmon fillet into cubes then set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into it.

Once the oil is hot, put the salmon cubes into the skillet then fry for a few minutes or

3 cups water

½ teaspoon pepper

½ teaspoon basil

½ teaspoon oregano

½ teaspoon ginger

1 cup chopped
zucchini

until the salmon is lightly golden brown.

Remove the salmon from the skillet then set aside.

Stir in minced garlic and sauté until aromatic.

Next, pour water into the skillet then season with pepper, basil, oregano, and ginger. Bring to boil.

Once it is boiled, add chopped zucchini and fried salmon to the gravy and cook for approximately 2 minutes.

Transfer the soup to a serving bowl then serve warm.

Enjoy immediately.

GREEN SPAGHETTI WITH CHEESY WHITE PRAWN SAUCE

Prep Time: 4 Minutes

Cooking Time: 16 Minutes

Nutrition Facts Per Serving

Carbohydrates: 9.9g Protein: 22.5g Fiber: 3.4g

Total Fat: 31.9g Calories: 407 Saturated Fat: 20g

Sugar: 4.7g Net Carbs: 6.5g Carbohydrates: 6%

Protein: 23% Fat: 71%

Makes 4 servings

Ingredients

½ lb. fresh prawns

2 tablespoons extra
virgin olive oil

¾ cup diced onion

1 cup almond milk

Method

Peel the zucchinis then discard the seeds.

Using a julienne peeler cut the zucchinis into noodles form then place in a bowl.

Drizzle lemon juice and sprinkle pepper over the zucchinis noodles then set aside.

1 cup diced cheddar
cheese

1 tablespoon almond
flour

3 medium zucchinis

2 tablespoons lemon
juice

¼ teaspoon pepper

Next, preheat a saucepan over medium heat then pour olive oil into it.

Once it is hot, stir in diced onion and sauté until wilted and aromatic.

Add prawn to the saucepan and cook for a few minutes or until the prawns turn to pink.

Combine almond flour with almond milk then pour into the saucepan.

Stir in cheddar cheese and cook for a few minutes. Remove from heat.

Drizzle the cheese prawn sauce over the zucchini noodles then mix well.

Serve and enjoy immediately.

TOMATO CREAMY TUNA WITH SAUTÉED BROCCOLI AND CAULIFLOWER

Prep Time: 3 Minutes

Cooking Time: 13 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7g Protein: 16.5g Fiber: 2.6g

Total Fat: 34.5g Calories: 392 Saturated Fat: 1.9g

Sugar: 2g Net Carbs: 4.4g Carbohydrates: 4%

Protein: 83% Fat: 79%

Makes 4 servings

Ingredients

½ lb. fresh prawns

2 tablespoons extra
virgin olive oil

¾ cup diced onion

Method

Peel the zucchinis then discard the seeds.

Using a julienne peeler cut the zucchinis into noodles form then place in a bowl.

Drizzle lemon juice and
sprinkle pepper over the

1 cup almond milk

1 cup diced cheddar
cheese

1 tablespoon almond
flour

3 medium zucchinis

2 tablespoons lemon
juice

$\frac{1}{4}$ teaspoon pepper

zucchini noodles then set aside.

Next, preheat a saucepan over medium heat then pour olive oil into it.

Once it is hot, stir in diced onion and sauté until wilted and aromatic.

Add prawn to the saucepan and cook for a few minutes or until the prawns turn to pink.

Combine almond flour with almond milk then pour into the saucepan.

Stir in cheddar cheese and cook for a few minutes. Remove from heat.

Drizzle the cheese prawn sauce over the zucchini noodles then mix well.

Serve and enjoy immediately.

COCONUT CRAB CAKES WITH GREEN LEAVES

Prep Time: 11 Minutes

Cooking Time: 16 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.3g Protein: 6.9g Fiber: 1.2g

Total Fat: 31.3g Calories: 313 Saturated Fat: 7.2g

Sugar: 1g Net carbs: 2.1g Carbohydrates: 3%

Protein: 7% Fat: 90%

Makes 4 servings

Ingredients

¼ lb. crabmeat

½ teaspoon pepper

3 teaspoons minced
garlic

½ cup coconut flakes

Method

Combine crabmeat with coconut flakes, eggs, chopped spinach, and chopped leek then season with pepper and minced garlic. Mix well.

Shape the mixture into medium fritter forms then set aside.

Next, preheat a frying pan over medium heat then pour extra

2 eggs

1 cup chopped
spinach

1/4 cup chopped leek

1/2 cup extra virgin
olive oil, to fry

virgin olive oil into the frying pan.

Once the oil is done, put the crab fritter into the frying pan and fry for approximately 3 minutes.

Flip the fritters then fry for another 3 minutes or until set and both sides of the fritters are lightly golden brown.

Remove from the frying pan and strain the excessive oil.

Once it is done, arrange the crab cakes on a serving dish then enjoy with sautéed veggie, as you desired.

SQUID TOMATO SOUP WITH OREGANO

Prep Time: 4 Minutes

Cooking Time: 22 Minutes

Nutrition Facts Per Serving

Carbohydrates: 9.8g Protein: 13.3g Fiber: 2.8g

Total Fat: 22.6g Calories: 283 Saturated Fat: 11.3g

Sugar: 3.5g Net Carbs: 7g Carbohydrates: 10%

Protein: 18% Fat: 72%

Makes 4 servings

Ingredients

¾ lb. fresh squid

2 tablespoons extra
virgin olive oil

½ lb. red tomatoes

2 cups water

Method

Place the red tomatoes in a blender then pour water into it. Blend until smooth then set aside.

Remove the squid ink then cut into rings. Set aside.

Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.

½ cup coconut milk

½ cup chopped
onion

2 teaspoons minced
garlic

1-tablespoon lemon
juice

1-teaspoon oregano

2 cups chopped
collard green

Once the oil is hot, stir in chopped onion and minced garlic then sauté until wilted and aromatic.

Next, add squids to the skillet then sauté until just wilted.

After that, pour the tomato mixture to the skillet then season with oregano. Bring to boil.

Once it is boiled, stir in collard green and pour coconut milk into the skillet. Bring to a simmer.

Once it is done, remove from heat and transfer to a serving bowl.

Drizzle lemon juice over the soup then serve warm.

Enjoy immediately.

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PORK WITH OLIVES

Total Time 40 Minutes

Nutrition Facts Per Serving

Carbohydrates: 7.2g Protein: 19g Fiber: 4.7g

Fat: 23.5g Calories: 321 Sugar: 1.1g

Net Carbs: 2.5g

Makes 6 servings

Ingredients

6 pork chops,
boneless and cut into
thick slices

1/8 teaspoon ground
cinnamon

1/2 cup olives, pitted
and sliced

8 ounce ragu

1/4 cup beef broth

Method

Heat olive oil in a pan over medium-high heat.

Place pork chops in a pan and cook until lightly brown and set aside.

Cook garlic and onion in the same pan over medium heat, until onion is softened.

Add broth and bring to boil.

Return pork to pan and stir in ragu and remaining ingredients.

2 garlic cloves,
chopped

1 large onion, sliced

1 tablespoon olive oil

Cover and simmer for 20 minutes.

Serve and enjoy.

HERBED PORK ROAST

Total Time 1 Hour 45 Minutes

Nutrition Facts Per Serving

Carbohydrates: 2.9 Protein: 65.1g Fiber: 0.7g

Fat: 23.8g Calories: 502 Sugar: 0.8g

Net Carbs: 2.2g

Makes 6 servings

Ingredients

3 lbs pork roast,
boneless

1 rosemary sprig

2 fresh oregano sprigs

2 fresh thyme sprigs

1 cup water

1 onion, chopped

Method

Preheat the oven to 350 F.

Season pork roast with pepper and salt.

Heat olive oil in a stockpot and sear pork roast on each side.

Add onion and garlic. Pour in the water, oregano, and thyme and bring to boil for a minute.

Cover pot and roast.

Serve and enjoy.

3 garlic cloves,
chopped

1 tablespoon black
pepper

1 tablespoon olive oil

1 tablespoon kosher
salt

MEDITERRANEAN PORK CHOPS

Total Time 40 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.4g Protein: 18.2g Fiber: 0.4g

Fat: 20g Calories: 262 Sugar: 0.8g

Net Carbs: 1g

Makes 4 servings

Ingredients

4 pork loin chops,
boneless

3 garlic cloves,
minced

1 tablespoon fresh
rosemary, chopped

1/4 teaspoon black
pepper

1/2 teaspoon kosher
salt

Method

Season pork chops with pepper and salt.

In a bowl, mix together garlic and rosemary.

Rub garlic and rosemary mixture on each pork chops.

Place pork chops on a roasting pan and roast in a oven for 10 minutes at 425 F/.

Reduce temperature to 350 F and continue roasting for about 25 minutes.



Serve and enjoy.

HERB CRUSTED PORK TENDERLOIN

Total Time 35 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1g Protein: 30.8g Fiber: 0.4g

Fat: 9.1g Calories: 214 Sugar: 0.3g

Net Carbs: 0.6g

Makes 4 servings

Ingredients

1 lb pork tenderloin

3 tablespoon feta
cheese, crumbled

3 tablespoon olive
tapenade

3/4 teaspoon lemon
pepper

2 teaspoon dried
oregano

Method

Add pork, oil, lemon pepper, and oregano in a zip-lock bag and rub well and place in a refrigerator for 2 hours.

Remove pork from zip-lock bag and make lengthwise cut through the center of the tenderloin.

Spread olive tapenade on half tenderloin and sprinkle with crumbled cheese.

1 tablespoon olive oil

Fold another half of meat over to the original shape of tenderloin.

Tie close pork tenderloin with twine at 2-inch intervals.

Grill pork tenderloin on a hot grill for 20 minutes. Turn tenderloin once during grilling.

Cut into slices and serve.

GRILLED PORK ROAST

Total Time 1 Hour 20 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4g Protein: 87.1g Fiber: 2g

Fat: 29.9g Calories: 654 Sugar: 0.4g

Net Carbs: 2g

Makes 4 servings

Ingredients

4 lbs pork loin roast,
boneless

1/4 cup fresh sage leaves

1/3 cup fresh rosemary
leaves

5 garlic cloves, peeled

2 lemon juice

1 tablespoon salt

Method

Add sage, rosemary, garlic, lemon juice, and salt into the blender and blend until smooth.

Rub herb paste all over roast and place on hot grill.

Close grill hood and grill for 1 hour.

Sliced and serve.

GRILLED LAMB KEBABS

Total Time 2 Hour 25 Minutes

Nutrition Facts Per Serving

Carbohydrates: 2g Protein: 32.2g Fiber: 0.8g

Fat: 20.2g Calories: 320 Sugar: 0.1g

Net Carbs: 1.2g

Makes 6 servings

Ingredients

1 1/2 lbs lamb

5 tablespoon olive oil

1/8 teaspoon red
pepper flakes

1 lemon zest

1/2 teaspoon black
pepper

5 garlic cloves,
minced

Method

In a mixing bowl, combine together olive oil, red pepper flakes, lemon zest, pepper, salt, garlic, oregano, parsley, mint, and rosemary.

Now add lamb pieces into the bowl and mix well and place in refrigerator for 2 hours.

Preheat the grill medium-high heat.

Thread the lamb chunks onto skewers and grill for 10 minutes. Turn once.

2 teaspoon oregano,
chopped

1 1/2 tablespoon
parsley, chopped

1 1/2 tablespoon
mint, chopped

1 1/2 tablespoon
rosemary, chopped

1 teaspoon kosher
salt

Serve and enjoy

GREEK GYROS

Total Time 20 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.8g Protein: 33.4g Fiber: 0.3g

Fat: 7.7g Calories: 219 Sugar: 0.3g

Net Carbs: 1.5g

Makes 4 servings

Ingredients

1/2 lb ground lamb

1/4 cup onions, grated

1/4 teaspoon allspice
powder

4 garlic cloves, grated

1/2 lb ground beef

1/2 teaspoon black pepper

1 1/4 teaspoon salt

Method

In a mixing bowl, combine together ground beef, lamb, onions, allspice powder, garlic, pepper, and salt.

Make 12 small patties from the mixture and set aside.

Heat 1 tablespoon of oil in a pan over medium heat.

Fry patties in a hot pan for 3-4 minutes or until they are cooked.

Serve warm and enjoy.

TASTY LAMB SKEWERS

Total Time 25 Minutes

Nutrition Facts Per Serving

Carbohydrates: 3.4g Protein: 32.3g Fiber: 0.9g

Fat: 8.4g Calories: 226 Sugar: 1.2g

Net Carbs: 2.5g

Makes 4 servings

Ingredients

1 lb ground lamb

1/8 teaspoon ground
cloves

1/4 teaspoon allspice

1/4 teaspoon
cinnamon

1/4 teaspoon ground
pepper

Method

Preheat the grill over medium-high heat.

In a bowl, add all ingredients and mix until well combined.

Divide mixture into four portions and shape each portion into sausage shape and thread onto a skewer.

Grill over hot grill for 10 minutes. Turn every 2-3 minutes.

Serve and enjoy.

1/4 cup parsley,
chopped

1 garlic cloves,
minced

1 medium onion,
minced

1/2 teaspoon salt

GRILLED LAMB CHOPS

Total Time 20 Minutes

Nutrition Facts Per Serving

Carbohydrates: 0.6g Protein: 32.1g Fiber: 0.1g

Fat: 17.6g Calories: 295 Sugar: 0.1g

Net Carbs: 0.5g

Makes 6 servings

Ingredients

1 lb lamb chops

2 tablespoon butter

1 teaspoon Dijon
mustard

1 garlic clove, minced

1 tablespoon fresh
basil, chopped

Method

Season pork chops with garlic powder and drizzle with oil.

Heat grill over medium-high heat.

Grill pork chops on hot grill for 4-5 minutes per side.

In a small bowl, mix together butter, mustard, and basil.

Spread butter mixture on each pork chops and serves.

1/2 teaspoon garlic
powder

1 tablespoon olive oil

LAMB SUN-DRIED TOMATO MEATLOAF

Total Time 1 Hour 5 Minutes

Nutrition Facts Per Serving

Carbohydrates: 4g Protein: 34.6g Fiber: 0.6g

Fat: 10.1g Calories: 253 Sugar: 1.1g

Net Carbs: 3.4g

Makes 6 servings

Ingredients

1 1/2 lbs ground
lamb

1 tablespoon fresh
rosemary

1/2 cup sun-dried
tomatoes

2 large shallots

4 garlic cloves

Method

Preheat the oven 375 F/ 190 C.

Spray a loaf pan with cooking spray and set aside.

In a bowl, whisk together eggs, salt, pepper, and vinegar.

Add rosemary, sun-dried tomatoes, shallots, and garlic and mix well.

Add lamb and mix just until combined.

2 tablespoon balsamic
vinegar

2 large eggs

Pepper

Salt

Pour meatloaf mixture into the prepared pan and bake in preheated oven for 40-45 minutes.

Slice and serve.

GREEK LAMB CHOPS

Total Time 20 Minutes

Nutrition Facts Per Serving

Carbohydrates: 1.8g Protein: 48.1g Fiber: 0.5g

Fat: 25.3g Calories: 434 Sugar: 0.3g

Net Carbs: 1.3g

Makes 6 servings

Ingredients

1 1/2 lbs lamb chops

2 teaspoon oregano

4 garlic cloves,
chopped

1 lemon juice

1/4 cup olive oil

1/4 teaspoon black
pepper

1/4 teaspoon salt

Method

Marinate the lamb chops in the mixture of garlic, lemon, olive oil, pepper, and salt. Cover and place in the fridge overnight.

Cook marinated pork chops over a hot grill for 3-5 minutes per side.

Serve and enjoy.

TURKEY BREASTS WITH SALSA

Total Time 40 Minutes

Nutrition Facts Per Serving

Carbohydrates: 9.6g Protein: 17.8g Fiber: 3.2g

Fat: 5.3g Calories: 148 Sugar: 0.1g

Net Carbs: 6.4g

Makes 6 servings

Ingredients

4 turkey breasts,
skinless and boneless

2 tablespoon black
peppercorns, crushed

1 tablespoon olive oil

Salt

For salsa:

2 garlic cloves,
chopped

Method

Brush turkey breasts with olive oil and season with crushed peppercorns and salt. Set aside for 20 minutes.

Heat grill over high heat.

Grill turkey breasts for 10 minutes. Turn once during cooking.

In a bowl, mix together all salsa ingredients.

Place salsa on a serving plate and top with chicken breasts.

1 tablespoon basil,
chopped

4.5 ounce olives,
pitted and chopped

1 onion, diced

6 tomatoes, chopped

Pepper

Salt

Serve and enjoy.